

PRODUCT INFORMATION:

One softgel capsule typically provides:

Eicosapentaenoic acid (EPA)	180mg
Docosahexanoic acid (DHA)	120mg
Total fish oil	1000mg

Our fish oil is pure and unconcentrated, from sustainable sources, providing natural levels of the key omega 3 fatty acids, EPA and DHA. Also provides fish oil's other key components, including carotenoids and tocopherols. Every batch is scrupulously screened for PCBs and other pollutants to ensure the highest quality possible. Protected with natural tocopherols.

INGREDIENTS: Omega 3 **fish** oil (anchovies, sardines and mackerel); (antioxidant: natural mixed tocopherols); capsule shell: gelatine (bovine), glycerine, antioxidant: d-alpha tocopherols. (Allergens in **bold**)

FREE FROM: Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, starch, sugar, wheat, yeast.

This product has not been tested on animals.

HIGHER NATURE®

EVERYDAY ESSENTIALS

OMEGA 3 FISH OIL

High in EPA & DHA



90 capsules

OMEGA 3 FISH OIL FOOD SUPPLEMENT - 90 CAPSULES

- ✓ DHA contributes to the maintenance of normal brain function and vision*
- ✓ EPA and DHA contribute to the normal function of the heart*

* Beneficial effect is obtained with a daily intake of at least 250mg of DHA and EPA.

DIRECTIONS: Adults take 1-3 capsules (children 8 and over 1 capsule) a day with meals. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

STORAGE: Store in a cool, dry place out of reach of children.

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FIS-033-07

