



OCEANS 3™

Healthy Hormones®
with OmegaXanthin®

MENOPAUSE & HORMONAL SUPPORT†

90 SOFTGELS

OMEGA-3 DIETARY SUPPLEMENT

Suggested Use: Adults take 3 softgels daily. Best taken with meals and at least 8 ounces of water. Not intended for children. To preserve freshness, immediately refrigerate after opening. **Advanced Usage:** Increase gradually to 3 softgels three times daily (9 softgels per day).

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	15	
Calories from Fat	15	
Total Fat	1.5 g	2% ¹
Vitamin A (from culture of <i>S. cerevisiae</i>)	310 mcg	34%
Vitamin D (D3 from culture of <i>S. cerevisiae</i>)	12.5 mcg (500 IU)	63%
Vitamin E (from culture of <i>L. bulgaricus</i>)	10 mg	67%
Vitamin K (as K1 from culture of <i>S. cerevisiae</i>)	7.5 mcg	6%
Thiamin (Vitamin B1 from culture of <i>S. cerevisiae</i>)	1.5 mg	125%
Vitamin B12 (as Methylcobalamin from culture of <i>S. cerevisiae</i>)	100 mcg	4166%
Vitamin K2 (as menaquinone-4 from culture of <i>S. cerevisiae</i>)	7.5 mcg	+
OmegaXanthin® Blend	1.1 g	+
Total Omega-3 Fatty Acids	1 g	
EPA (Eicosapentaenoic Acid)	525 mg	
DHA (Docosahexaenoic Acid)	350 mg	
Other Omega-3s	125 mg	
Natural Astaxanthin (standardized to min. 4 mg in safflower oil)	80 mg	
Concentrated Fucoxanthin	0.5 mg	
Healthy Hormones® Botanical Blend	422 mg	+
Ashwagandha extract (<i>Withania somnifera</i> root and leaf)	189 mg	
Lifeno!® Wild Hops extract (<i>Humulus lupulus</i>)	120 mg	
Amla Berry (<i>Phyllanthus emblica</i> fruit)	113 mg	

¹Percent Daily Values are based on a 2,000 calorie diet.
+Daily Value not established.

Ingredients: Purified deep sea fish oil (anchovies and sardines), gelatin, glycerin, beeswax, beta-carotene, natural strawberry flavor, soy lecithin, mixed tocopherols.

Contains: Fish, soy.

CAUTION: Your diet or health situation may benefit from the advanced use of this product. Check with your healthcare practitioner to determine your needs. As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, allergic to iodine, use blood thinners, anticipate surgery or are under medical supervision.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing.

Made without dairy ingredients, tree nuts or shellfish. Manufactured in a facility that also processes dairy, eggs, wheat, peanut, tree nuts and shellfish. No artificial colors or preservatives. Gluten Free. Dairy Free.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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