

OPTIM NUTRITION OMEGA-3 FISH OIL 1000 (120 SOFTGELS)

| SKU# 42664 | Weight: 0.5 lb | Servings: 120


Details

Each softgel contains a full 1,000mg of the omega-3 fatty acids EPA (Eicosapentaenoic acid) and DHA (docosahexaenoic acid) extracted from cold-water fish – that 2 to 3 times more than many leading national brands. Our bodies do not produce either EPA or DHA, so we need to get these essential fatty acids from food or supplements to support brain, heart, joint, skin, and eye health. Omega-3s work by supporting a healthy inflammation response. Research finds that fish oil may be beneficial in facilitating range of motion.

This formula combines 667 mg of eicosapentaenoic acid (EPA), 333 mg of docosahexaenoic acid (DHA), and 1,000 IU of Vitamin D3 (as Cholecalciferol), which has been shown to help promote immunity and bone health.*

*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.

Supplement Facts

Serving Size: 1 Softgel
 Servings Per Container: 120

Amount Per Serving	% Daily Value	
Calories	15	
Calories from Fat	10	
Total Fat	1.5 g	2%*
Cholesterol	5 mg	2%*
Vitamin D3 (as Cholecalciferol)	1000 IU	250%
Vitamin E (as Mixed Tocopherols)	1 IU	3%
Omega-3 fatty acids	1000 mg	**
Eicosapentaenoic acid (EPA)	667 mg	**
Docosahexaenoic acid (DHA)	333 mg	**

*Percent Daily Value based on a 2,000 calorie diet.

**Daily value not established.

OTHER INGREDIENTS: Gelatin, Glycerin, Tocopherol, Purified Water
Contains fish (sardines, anchovies, mackerel)
This product is gluten free and contains no egg, milk, peanuts, tree nuts, shellfish, soy & wheat

Additional Information

Suggested Use: As a dietary supplement, take 1 softgel daily or as directed by a physician.

