



## Supplement Facts

Serving Size: One (1) Softgel  
Servings Per Container: 60

	Amount Per Serving	% Daily Value
Total calories	20	
Calories from fat	15	
Total fat	2.0 g	3%**
Total carbohydrate	1.0 g	0%
Omega-3 fatty acids (from algal oil)	500 mg††	†
DHA (docosahexaenoic acid)	320 mg††	†
EPA (eicosapentaenoic acid)	130 mg††	†

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

† Daily Value not established.

†† Minimum levels. Amounts may be higher than those indicated above.

Other ingredients: Modified cornstarch, carrageenan, glycerin, sorbitol, water, beta-carotene, caramel.

**Directions:** For use as a dietary supplement, take one softgel per day.

Distributed by **Amerifit, Inc.** 55 Sebethe Drive, Cromwell, CT 06416  
© Amerifit, Inc. 2010

**For questions, concerns, or to report an adverse event, please call (800) 722-3476. [www.ovega.com](http://www.ovega.com)**

Do not use this product if safety seal bearing "SEALED for YOUR PROTECTION" under cap is missing or torn.

Keep out of reach of children. As with any nutritional supplement, please inform your healthcare professional before use.

**Storage Conditions:** Store at room temperature. Do not expose to excessive heat, humidity, or direct sunlight.

# Ovega-3™

500mg  
Omega-3s  
DHA + EPA

Introducing Ovega-3, an all-vegetarian DHA + EPA Omega-3 supplement from a safe and natural plant source (algae); not fish. With 500mg of total omega-3s, Ovega-3 provides the same heart healthy benefits of traditional fish oil but without the unpleasant fishy aftertaste associated with some fish oils.\* Most people think that fish are the original source of DHA and EPA, but it's really the algae they eat that naturally contain these important omega-3s. Ovega-3 has gone directly to the source and bypassed the fish. You can be sure that Ovega-3 is 100% free of PCBs and mercury because it is sourced from plants that are grown outside of the ocean. As one of the highest quality omega-3 supplements available, Ovega-3 is also from a sustainable source and does not deplete the ocean's supply of fish.

\*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.



# Ovega-3™

500mg  
Omega-3s  
DHA + EPA

- ♥ **HEART HEALTHY**  
alternative to fish oil\*
- ♥ From a sustainable  
plant source
- ♥ NO fishy aftertaste



60 VEGETARIAN SOFTGELS  
2 month supply

# Ovega-3™

500mg  
Omega-3s  
DHA + EPA

**life'sDHA™** is from an all-natural, vegetarian source (algae); not fish. Most people think that fish are the original source of DHA & EPA omega-3s, but it's really the algae they eat that naturally contain these heart healthy omega-3s.\* With Ovega-3 you get all the health benefits of DHA & EPA without the worry of ocean-borne pollutants and toxins potentially found in certain fish.

life'sDHA™ is a trademark of Martek Biosciences Corporation.

\*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.