

Peapod Omega-3 provides the omega-3 fats you need to promote pregnancy wellness and support the development of your baby's brain, eyes, and heart.\*

Peapod Omega-3 contains EPA and DHA from premium Icelandic fish oils to ensure purity, quality, and sustainability.\*



Natural Products for a  
Healthy Pregnancy

# Omega-3

Fish Oil Supplement

## Directions for Use:

Take 3 softgels a day, preferably at meal times or before bed. Keep out of the reach of children.

\* 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.

- Concentrated, Small Softgel Size
- Provides EPA and DHA from cold water fish
- Natural Citrus Flavor - No Fishy Aftertaste



FAIRHAVEN HEALTH®

90 Softgels

One Month Supply

## Supplement Facts

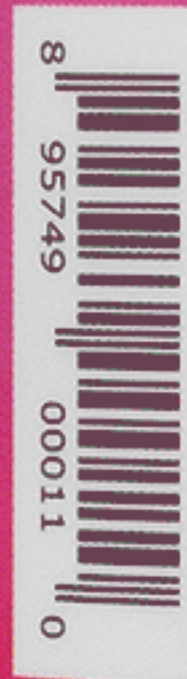
Serving Size: 3 Softgels  
Servings Per Container: 30

|                               | Amount Per Serving | % Daily Value |
|-------------------------------|--------------------|---------------|
| Calories 20                   |                    |               |
| Calories from Fat 15          |                    |               |
| Total Fat                     | 1.5 grams          | 3%**          |
| Saturated Fat                 | .075 grams         | <1%           |
| Monounsaturated Fat           | .3 grams           | ↑             |
| Polyunsaturated Fat           | 1.125 grams        | ↑             |
| Vitamin E (mixed tocopherols) | 1.5 IU             | <1%           |
| Omega-3 Fatty Acids           | 1004mg             | ↑             |
| DHA (Docosahexaenoic)         | 675mg              | ↑             |
| EPA (Eicosapentaenoic)        | 225mg              | ↑             |
| Other Omega-3 Fatty Acids     | 104mg              | ↑             |

\*\*Percent Daily Value is based on a 2000 calorie diet  
↑ Daily Value not established

Ingredients: Fish Oil (herring, mackerel, sardines, anchovies) Capsule (gelatin, glycerin, purified water), Natural Mixed Tocopherols, Natural Citrus Flavor

Contains No: Yeast, Corn, Gluten, Artificial Preservatives, Colors or Flavors.  
Store in a cool dry place.



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