

#### DIRECTIONS:

Take 1 to 3 capsules daily with a meal. Do not exceed recommended daily dose.

Food supplements should not be a substitute for a varied diet.

#### INGREDIENTS:

Fish Body Oil Concentrate (Fish Oil), Antioxidant: d-alpha Tocopherol, Capsule Shell (Gelatin, Glycerin).

The beneficial ingredients in fish oils are two Omega 3 fatty acids, EPA and DHA. We cannot readily obtain these fatty acids from any other dietary source and few foods contain EPA and DHA at the levels found in oily fish such as herring and mackerel. Our 5 stage purification process removes any fishy taste - and naturally our oils far exceed the strict EC quality standards for purity.

**KEEP AWAY FROM CHILDREN**

HIGH STRENGTH  
EPA & DHA

# NATURE'S BEST®

**PURE**  
**FISH OIL**  
**1100mg**

WITH 700mg  
OF OMEGA 3s

FOOD SUPPLEMENT  
**180 CAPSULES**

**516-180**

#### PRODUCT INFORMATION

Typically per capsule:

|                               |        |
|-------------------------------|--------|
| Fish Body Oil Concentrate     | 1100mg |
| Providing Omega 3 Fatty Acids | 700mg  |
| of which                      |        |
| Saturate                      | 93mg   |
| Monounsaturates               | 157mg  |
| Polyunsaturates               | 812mg  |
| of which                      |        |
| Eicosapentaenoic Acid (EPA)   | 360mg  |
| Docosahexaenoic Acid (DHA)    | 240mg  |

Nature's Best Pure Fish Oil capsules are one of the strongest available. Each capsule contains guaranteed levels of the Omega 3 Fatty Acids.

**STORE IN A COOL DRY PLACE**

BEST BEFORE END:

BATCH NUMBER:



**uk**  
NUTRITIONAL SUPPLEMENTS  
MANUFACTURED AND  
TESTED IN THE UK