

A lot of the benefit of fish oil seems to come from the omega-3 fatty acids that it contains.

Interestingly, the body does not produce its own omega-3 fatty acids. Nor can the body make omega-3 fatty acids from omega-6 fatty acids, which are common in the Western diet. A lot of research has been done on EPA and DHA, two types of omega-3 acids that are often included in fish oil supplements.

## Instructions For Use

Directions:

General Dosage: Take 1 Super Fish Oil daily or as recommended by your healthcare professional.

Other Ingredients: Gelatin, Glycerine, Cellulose, Coating, Titanium Dioxide.

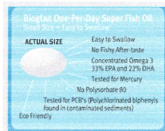
No Added artificial flavors, colors or preservatives.

No Wheat, Dairy, or Yeast.

Gluten Free.

Allergan warnings: this product contains fish oil.

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## Supplement Facts

Serving Size: 1 Mini gel  
Servings Per Container: 100

Amount Per Serving		% DV
<b>Calories</b>	5 cal	
<b>Total Fat</b>	0.38 g	1%
Saturated fat	<1g	1%
Polyunsaturated fat	<1g	**
Monounsaturated fat	<1g	**
<b>Concentrated Omega 3 Fish Oil 500mg</b>		**
<b>EPA</b>	<b>165mg</b>	
<b>DHA</b>	<b>110mg</b>	

Percent Daily Values are based on a 2,000 calorie diet  
\*\*Daily value not established

## FORMULATION

Each softgel capsule contains: Fish Oil - 500mg.

Providing Eicosapentaenoic acid (EPA) 165mg and

Docosahexaenoic acid (DHA) 110mg.

## FREE FROM

No added artificial flavours, colours or preservatives, salt, wheat, soy, dairy and yeast.