

## Two Superfoods, One Blend

Astaxanthin is one of nature's most powerful antioxidants. Salmon oil contains a full spectrum of omega-3 fatty acids (EPA, DHA, and DPA), as well as vitamin D. **Fire and Ice™** is a unique blend of these two ingredients—one sourced from eco-friendly algae in the warm Hawaiian Islands, the other extracted from wild-caught fish sustainably harvested from the cold waters of the Bering Sea. This consciously crafted product supports healthy skin and eyes.\*



# Fire and Ice™

## Supports Healthy Skin and Eyes\*

NON-GMO  
GLUTEN-FREE

DIETARY SUPPLEMENT

120 SOFTGELS

## Supplement Facts

Serving Size: 4 Softgels  
Servings Per Container: 30

|                                                                        | Amount Per Serving | % Daily Value |
|------------------------------------------------------------------------|--------------------|---------------|
| Calories (energy)                                                      | 45                 |               |
| Total Fat                                                              | 5 g                | 6%*           |
| Saturated Fat                                                          | 0.5 g              | 2.5%*         |
| Polyunsaturated Fat                                                    | 2.3 g              | †             |
| Monounsaturated Fat                                                    | 2.0 g              | †             |
| Cholesterol                                                            | 30 mg              | 10%           |
| Total Carbohydrate                                                     | 0 g                | 0%            |
| Protein                                                                | < 1 g              |               |
| Vitamin A (naturally occurring in Salmon Oil)                          | 2.4 mcg            | < 1%          |
| Vitamin D (naturally occurring in Salmon Oil)                          | 8.0 mcg            | 40%           |
| Total Omega-3 Fatty Acids                                              | 1,060 mg           | †             |
| EPA (Eicosapentaenoic acid triglyceride)                               | 400 mg             | †             |
| DHA (Docosahexaenoic acid triglyceride)                                | 400 mg             | †             |
| DPA (Docosapentaenoic acid triglyceride)                               | 75 mg              | †             |
| Total Proresolving Mediators (Including 14-HDHA, 17-HDHA, and 18-HEPE) | 240 mcg            | †             |
| Astaxanthin (naturally occurring from Hawaiian H. Pluvialis)           | 3.2 mg             | †             |

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

Ingredients: Wild Alaskan Salmon Oil (fish), Natural Lemon Oil, Astaxanthin, Sunflower Natural Mixed Tocopherols. Shell Ingredients: Fish Gelatin (fish), Glycerin, Purified Water. **Contains: Fish (salmon).**

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**Directions:** Take 4 softgels daily with food.

**Caution:** If pregnant, nursing, or taking medications, consult with your healthcare practitioner before use. Keep out of the reach of children.

**Tamper Evident:** Do not use if safety seal is missing or broken.

**Storage:** Keep tightly closed in a cool, dry place.

\*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.

