

Oceans 3[™] Healthy Hormones[®]

Oceans 3[™] Healthy Hormones[®] is the only Omega-3 formula available with OmegaXanthin[®], a synergistic complex of three health-promoting compounds from the ocean *plus* a dynamic suite of clinically studied botanicals designed to support the hormonal and emotional health for women of all ages.[†]

Menopause and Hormonal Performance

- May help alleviate symptoms associated with menopause[†]
- Helps reduce the frequency of hot flashes[†]
- Helps promote restful sleep[†]
- Boosts energy and reduces fatigue[†]

Skin Protection, Health and Beauty

- Supports collagen biosynthesis, a vital factor in maintaining healthy-looking skin[†]
- Helps maintain skin elasticity and tone[†]
- Helps protect skin against ultraviolet-induced (UV) damage[†]



For every Oceans 3[™] bottle sold, a donation will be made to WomenHeart. WomenHeart champions prevention and early detection, accurate diagnosis and proper treatment of women's heart disease.

[†] 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.

Distributed by **Garden of Life LLC**
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Made in the U.S.A. www.gardenoflife.com

We Support
Women's Heart
The National
Coalition for Women
with Heart Disease



OCEANS 3[™]

Healthy Hormones[®]
with OmegaXanthin[®]

MENOPAUSE AND HORMONAL SUPPORT[†]

90 Softgels

Omega-3 Dietary Supplement

Suggested Use: Adults take 3 softgels daily. Best taken with meals and at least 8 ounces of water. Not intended for children. Softgels are enhanced with a light, natural strawberry flavor – enjoy!
Advanced Usage: Increase gradually to 3 softgels three times daily (9 softgels per day).

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories 15	
Calories from Fat 15	
Total Fat 1.5 g	2%
Vitamin A* (50% as beta-carotene) 1,000 IU	20%
Vitamin D* 500 IU	125%
Vitamin E* 15 IU	50%
Vitamin K* 15 mcg	18%
Thiamin* (Vitamin B1) 1.5 mg	100%
Vitamin B12* 100 mcg	1667%

OmegaXanthin [®] Blend 1.1 g	
Total Omega-3s 1 g	
EPA (Eicosapentaenoic Acid) 525 mg	+
DHA (Docosahexaenoic Acid) 350 mg	+
Other Omega-3s 125 mg	+
Natural Astaxanthin (standardized to min. 4 mg in softgels) 80 mg	+
Concentrated Fucosanthin 1 mg	+
Healthy Hormones [®] Botanical Blend 422 mg	
Ashwagandha extract (Withania somnifera root and leaf) 189 mg	+
Lifenol [®] Wild Hops extract (Humulus lupulus) 120 mg	+
Indian gooseberry (Phyllanthus emblica) 113 mg	+

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

Ingredients: Ultra pure, high potency fish oil (anchovies and sardines), gelatin, glycerin, beeswax, beta-carotene, natural strawberry flavoring, soy lecithin.

* As RAW Food-Created Nutrients[™]

CAUTION: Your diet or health situation may benefit from the advanced use of this product. Check with your healthcare practitioner to determine your needs. As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, allergic to iodine, use blood thinners, anticipate surgery, or under medical supervision.

Do not use if safety seal is broken or missing.
Keep out of reach of children.

No filler ingredients, artificial colors or preservatives.
Gluten Free. Dairy Free.

For more information about
OmegaXanthin[®] visit
www.BeyondOmega3.com
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lifenol[®]
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