

FH PRO Omega-3 provides the omega-3 fatty acids needed for both women and men to help optimize their reproductive health.*

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

FH PRO[®] omega-3

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



DIETARY SUPPLEMENT
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) Caps (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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