

Peapod Omega-3 provides the omega-3 fats you need to promote pregnancy wellness and support the development of your baby's brain, eyes, and heart.\*

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



Natural Products for a  
Healthy Pregnancy

# Omega-3

Fish Oil Supplement

## 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

FAIRHAVEN HEALTH®

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, mackarel, sardines, anchovies) Capsule (gelatin, glycerin, purified water), Natural Mixed Tocopherols, Natural Citrus Flavor

Contains No: Yeast, Corn, Gluten, Artificial Preservatives, Colors or Flavors.

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