USAGE: Take 1 softgel 1 to 2 times per day with meals or as directed by your qualified health care consultant.

NOTE: If you have a medical condition (especially seafood allergies or coagulopathy), are pregnant, lactating, trying to conceive, under the age of 18, taking medications (especially anticoagulants), or facing surgery, consult your health care practitioner before using this product.

PhosphOmega® provides long chain omega-3 fatty acids as nature intended, a complex of phospholipids with DHA and EPA acting synergistically on the cell membrane level.* Most fish oil products consist of ethyl ester (EE) or triglyceride forms.* Phospholipid-bound omega-3s are better absorbed and utilized than the EE or triglyceride forms. PhosphOmega® is derived from fish meal and is a sustainable source of long chain omega-3s.

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.



11112PHMEG60 PROD # 116051 Lot #. Best Used Before:

Jarrow FORMULAS

PhosphOmega[®]

HIGHER BIOAVAILABILITY Than Ordinary Fish Oils

Naturally Bound

SOURCE

Phospholipid – Omega-3 Complex

1000 mg 60 Softgels Dietary Supplement

Supplement Facts

Serving Size 1 Softgel (1000 mg)	Servings Per Container 60	
	Amount Per Serving	% DV
Calories	10	
Calories from Fat	10	*
Total Fat	1 g	2%
Trans Fat	0 g	
Cholesterol	30 mg	10%
Total Phospholipids	400 mg	*
Omega-3 Fatty Acids	223 mg	*
EPA (Eicosapentaenoic Acid)	84 mg	*
DHA (Docosahexaenoic Acid)	111 mg	*
Astaxanthin	100 mcg	*

* Daily Value not established

Other Ingredients: Sunflower lecithin and rosmarinic acid. Softgel consists of gelatin, glycerin, water and annatto.

Contains: Fish (sandeel). No wheat, no gluten, no soybeans, no dairy, no egg,

no shellfish, no peanuts/tree nuts.

Our IFFO RS compliant product comes from responsibly managed fisheries. Distributed Exclusively by:

JOTTOW FORMULAS® Superior Nutrition and FormulationSM P.O. Box 35994

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