



90 SOFTGELS

Garden of Life

OCEANS³

Better Brain
with OmegaXanthin®

SUPPORTS HEALTHY
BRAIN FUNCTION†

OMEGA-3 DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	2 g	3%
Vitamin A (from beta carotene and retinol from fish liver oil)	310 mcg	34%
Vitamin D (D3 from culture of <i>S. cerevisiae</i>)	12.5 mcg (500 IU)	63%
Vitamin E (from culture of <i>L. bulgaricus</i>)	10 mg	67%
Vitamin K (as K1 from culture of <i>S. cerevisiae</i>)	7.5 mcg	6%
Thiamin (Vitamin B1 from culture of <i>S. cerevisiae</i>)	1.2 mg	100%
Niacin (as Nicotinamide from culture of <i>S. cerevisiae</i>)	20 mg	125%
Vitamin B6 (from culture of <i>S. cerevisiae</i>)	1.7 mg	100%
Folate (folic acid <i>S. cerevisiae</i> culture)	680 mcg DFE (400 mcg)	170%
Vitamin B12 (as Methylcobalamin from culture of <i>S. cerevisiae</i>)	6 mcg	250%
Vitamin K2 (as menaquinone-4 from culture of <i>S. cerevisiae</i>)	50 mcg	+
OmegaXanthin® Blend with Fish Oil & Cod Liver Oil	2 g	+
Total Omega-3 Fatty Acids	1 g	
EPA (Eicosapentaenoic Acid)	525 mg	
DHA (Docosahexaenoic Acid)	384 mg	
Other Omega-3s	130 mg	
<i>Haematomorococcus pluvialis</i> Extract (standardized to min. 4 mg Astaxanthin)	80 mg	
Brown Seaweed Extract (<i>Undaria pinnatifida</i> , <i>Laminaria japonica</i>) (providing Fucoxanthin)	0.5 mg	
Better Brain Botanical Blend	415 mg	+
Bacopa Leaf Extract (<i>Bacopa monnieri</i>)	330 mg	
Phosphatidylserine Complex	85 mg	

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

Other Ingredients: Concentrated fish oil (USA wild-caught Alaska Pollock with natural mixed tocopherols), fish and cod liver oil, gelatin (bovine), vegetable glycerin, beeswax, beta-carotene, natural strawberry flavor, soy lecithin, mixed tocopherols.

Contains: Fish, soy.



We Buy 100% Certified
Renewable Energy

Suggested User: Adults take 3 softgels daily. Best taken with meals and at least 8 oz of water. Not intended for children. To preserve freshness, immediately refrigerate after opening.

Advanced User: Increase gradually to 2 softgels three times daily (6 softgels per day).

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, giving product to children, allergic to iodine, use blood thinners, anticipate surgery or are under medical supervision.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing.

Made without dairy ingredients, tree nuts or shellfish. Manufactured in a facility that also processes dairy, eggs, wheat, peanut, tree nuts and shellfish.

No artificial colors.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.



MSC-C-58395
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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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Palm Beach Gardens, FL 33410 USA
Made in the U.S.A. from foods grown in the U.S.A. and other countries.

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