

**CATALO**  
Extra  
**Omega-3**

EPA 400 - DHA 200  
Molecularly Distilled

180 Softgels  
DIETARY SUPPLEMENT

Meets AHA's  
EPA : DHA  
800 : 400  
per serve  
recommendation

For Heart & Cardiovascular Health

**CATALO Extra Omega-3 (EPA400-DHA200)** is made from unpolluted ocean small fishes by special technology (small fishes survived by eating unpolluted micro-algae in marine food chain to avoid environmental contaminants accumulated in large fishes). A serving (2660mg) provides 1340mg ultra purified Omega-3 in the perfect EPA:DHA ratio of 2:1 for promoting heart, brain, cardiovascular health and may assist in stabilizing cholesterol level.<sup>1</sup> Taking 2 softgels of CATALO Extra Omega-3 a day meets the recommendation from American Heart Association for a healthier cardiovascular system.<sup>2</sup> It also helps to maintain healthy brain, eye and joint functions.

**Main Functions:**

- May assist in stabilizing blood lipid and cholesterol level and maintaining elasticity of blood vessels
- Maintain heart, brain and cardiovascular health
- Improve brain cell and joint functions
- Improve eyesight and relieve stress

**Suitable for: Frequent diners-out, frequent meaty or greasy diet, concerned about heart, cardiovascular, brain, eye and joint health, concerned about blood pressure, blood lipids and cholesterol**

<sup>1</sup> Journal of the American College of Nutrition, Vol. 18, No. 5, 487-489, 1999  
<sup>2</sup> "New guidelines focus on fish, fish oil, omega 3 fatty acids", American Heart Association (AHA) Statement 2002

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**CATALO**  
Extra  
**Omega-3**

特強奧米加3精華

EPA:DHA完美比例<sup>1</sup>  
Perfect Ratio 2:1<sup>1</sup>

Maintain Heart & Cardiovascular Health  
有助維持心腦血管健康

Improve Brain & Joint Functions  
促進腦細胞活動及關節健康

180 Softgels 粒  
DIETARY SUPPLEMENT  
天然營養補充食品

Ultra-Purified Ocean Fish Oil  
高純度優質深海魚油

Meets AHA's  
EPA : DHA  
800 : 400  
per serve  
recommendation

維持心腦血管健康  
符合美國心臟協會建議份量

**Nutrition Information**

Serving Size: 2 Softgels (2660mg)  
Servings Per Container: 90

Amount Per Serving	
Natural Ocean Fish Oil	2000mg
- Omega-3 Fatty Acids	1340mg
- EPA (Eicosapentaenoic Acid)	800mg
- DHA (Docosahexaenoic Acid)	400mg
Energy (kcal)	20
Total Fat (g)	2
- Saturated Fat (g)	0.1
- Trans Fat (g)	0
Carbohydrates (g)	0.1
- Sugars (g)	0.0
Protein (g)	0.4
Sodium (mg)	2

Serving Directions	Adults: Take 1-2 softgels daily Take after meal
Ingredients	Ultra Purified and High Concentration Ocean Fish Oil Other Ingredients: Gelatin (Softgel), Purified Water, Humectant (Glycerin), Antioxidant (Natural Vitamin E). Contains Fish (Anchovy, Sardine, Mackerel and/ or Menhaden) and Soy
Storage	Keep in a dry and cool place Avoid direct sunlight
Net Weight	239g (1330mg x 180 softgels)
Best Before	Shown on box (ddmmyy)

This product is not registered under the Pharmacy and Poisons Ordinance or the Chinese Medicine Ordinance. Any claim made for it has not been subject to evaluation for such registration. This product is not intended to diagnose, treat or prevent any disease.

This product is made from natural sources and may have color variation. This is a normal phenomenon and does not affect product quality.

**Made in USA**

Manufactured by cGMP certified facility for CATALO Natural Health USA Inc.

City of Industry, CA 91748, USA

Asia-Pacific Distributor: CATALO Natural Health Foods

7/F, 81 Hung To Rd., Hong Kong

Customer Hotline: (852) 3556 8686

**CATALO.COM**



Product Code  
3013

美國家得路特強奧米加3精華 (EPA400及DHA200) 選用優質天然無污染深海小型魚作原材料, (小型魚以海藻為主食, 以避免大型魚污染物累積的風險), 採用獨特先進科技, 製造出高純度奧米加3精華, 每食用份量 (2660毫克) 提供1340毫克奧米加3, 並提供EPA對DHA完美2對1比例, 或有助於穩定血脂及膽固醇, 保持血管彈性<sup>1</sup>。每天兩粒就能符合美國心臟協會建議份量, 維持心腦血管健康<sup>2</sup>。有助促進腦細胞活動, 加強集中力及記憶力, 並有助補充視力, 維持視覺影像清晰。更能保護關節健康, 紓緩緊張情緒。

**主要功效:**

- 或有助於穩定血脂及膽固醇, 保持血管彈性, 維持心腦血管健康
- 促進腦細胞活動, 加強集中力及記憶力
- 補充視力, 維持視覺影像清晰
- 保持關節健康, 紓緩緊張情緒

**適用人士:** 經常出外飲食, 常吃肉類或油膩食物, 關注心血管、腦部、眼睛及關節健康, 關注血壓、血脂及膽固醇健康

營養資料	
食用份量: 2粒 (2660毫克)	
每包裝所含食用份量: 90	
每食用份量	
天然深海魚油	2000毫克
奧米加3脂肪酸	1340毫克
EPA(二十碳五烯酸)	800毫克
DHA(二十二碳六烯酸)	400毫克
能量 (千卡)	20
蛋白質 (克)	0.4
總脂肪 (克)	2
-飽和脂肪 (克)	0.1
-反式脂肪 (克)	0
碳水化合物 (克)	0.1
-糖 (克)	0.0
鈉 (毫克)	2

建議食法	成人: 每天1-2粒。請於餐後服用
成份	天然高純度, 濃度深海魚油精華 (含二十碳五烯酸 (EPA) 及二十二碳六烯酸 (DHA)) 其他成份: 骨膠原膠囊 (明膠), 水分保持劑 (甘油), 淨水, 抗氧化劑 (天然維他命E)。含魚類 (鳳尾魚, 沙甸魚, 鯖魚和/或鱈魚) 及大豆
保存方法	請放於乾燥及陰涼地方, 避免陽光照射
內容量	239克 (1330毫克 x 180粒)
此日期前最佳	如盒所標示 (日月年)

此產品沒有根據《藥劑業及毒藥條例》或《中醫藥條例》註冊。為此產品作出的任何聲稱亦沒有為進行該等註冊而接受評核。此產品並不供作診斷、治療或預防任何疾病之用。  
此產品源自天然成份, 顏色深淺略有差異或變化屬正常現象, 不影響產品質量。

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