

The Healing Power Of The Sea: Omega-3 First is derived from pelagic fish which are harvested from the cold, pristine waters of Norway. **Omega-3 First** is the purest, most potent form of Omega-3 EPA/DHA healthy oil available.

Omega-3 First undergoes an exclusive purification process that removes mercury, heavy metals, environmental pollutants, pesticides and oxidative impurities. While removing impurities, such as lead and PCB's, we selectively concentrate EPA/DHA to provide the highest potency source of biologically active Omega-3 lipids. Research indicates that Omega-3's have been shown to improve cholesterol levels and reduce inflammation as well as other health benefits.*

Recommended Usage: Take 1-2 or more capsules daily with a meal as a dietary supplement or as directed by your healthcare professional.

Omega-3 First can also be taken daily with the **Greens First Wellness Shake** [Mix: **Greens First®** (Original or Berry) together with **Greens First Boost®** (Chocolate or Vanilla)] or the **Healthy Living Shake** [Mix: **Greens First®** & **Dream Protein** (Chocolate or Vanilla)]. These Shakes are a delicious & nutritious "instant breakfast" or an anytime "energy booster" and part of the **Alkalize Now-pH Balance** Program.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Greens FIRST®
GreensFirst.com

Omega-3 FIRST™

**The Most Potent, Ultra-Pure Omega-3 Marine Oil
Helps Support:**

- Cardiovascular Health
- Brain Function
- Joint Health
- Skin Health*



Dietary Supplement • 120 Softgels

Product of Norway

Supplement Facts

Serving Size: 1 Softgel Capsule

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1g	2%†
Omega 3 Fatty Acids	850 mg	††
EPA - Eicosapentaenoic Acid	430 mg	
DHA - Docosahexaenoic Acid	325 mg	
Other Omega-3 Fatty Acids	95 mg	

† Percent Daily Values are based on a 2,000 calorie diet.

†† Daily value not established.

Ingredients: Ultra-Pure Marine Oil (from deep sea anchovies and sardines), Capsule (gelatin, glycerin & purified water), Natural Lemon Flavor, Proprietary Antioxidant Blend (consisting of Rosemary Extract, Ascorbyl Palmitate and Natural Tocopherols).

- Keep out of reach of children.
- Store at 15-30°C (59-86°F).
- Protect from heat, light and moisture.
- Do not purchase if seal is broken.

Warning: Pregnant or lactating women should consult with their physician prior to using this dietary supplement. This product is manufactured in a GMP Certified Facility.

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