

DIRECTIONS: Take one softgel daily, or use as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking blood thinners or other medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

Optimal Fish Oil contains concentrated Alaskan fish oil that provides 900 mg of EPA and DHA omega-3 fatty acids in triglyceride form. To assure maximum purity and freshness, the oil is stabilized with mixed natural tocopherols. EPA and DHA from fish oil have been extensively researched for their health benefits. They promote wellness by supporting cardiovascular health, normal platelet aggregation, cytokine balance, joint health, and brain and nervous system function.*

*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.

STORAGE: Keep closed in a cool, dry place out of reach of children.

DOES NOT CONTAIN: Wheat, gluten, corn, yeast, soy protein, dairy products, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.



T A R G E T E D S U P P O R T ®



SeekingHealth®

Optimal Fish Oil

Alaskan Fish Oil in Triglyceride Form

Dietary Supplement

120 FISH GELATIN SOFTGELS

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 120

| | Amount Per Serving | %Daily Value |
|-----------------------------|--------------------|--------------|
| Calories | 10 | |
| Total Fat | 1 g | 1%† |
| Fish Oil Concentrate | 1.286 g | ** |
| Total Omega-3 Fatty Acids | 964 mg | ** |
| EPA (eicosapentaenoic acid) | 643 mg | ** |
| DHA (docosahexaenoic acid) | 257 mg | ** |

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

** Daily Value not established.

Other Ingredients: Softgel (tilapia fish gelatin, vegetable glycerin, and purified water) and mixed natural tocopherols.

Contains: Fish (Alaska pollock [source of fish oil], tilapia [source of fish gelatin]) from certified sustainable sources.

Optimal Fish Oil Meets or Exceeds cGMP Quality Standards.

Find Other Effective Health Products At
www.seekinghealth.com

Manufactured for:
Seeking Health, LLC
3140 Mercer Avenue
Bellingham, WA 98225
(800) 547-9812

REV. 031219 086259-04

This package is completely recyclable ♻️