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**Omega Q Plus® Resveratrol** is a powerful blend of premium ingredients to support heart health, blood flow, brain health, and healthy aging.<sup>†</sup>

**UNCONDITIONALLY GUARANTEED** for purity and labeled potency. To preserve quality and freshness, store bottle with cap tightly closed in a cool, dry place.

**Precautions:** Consult a health care practitioner if you are pregnant or nursing, have a serious medical condition, or use any medications.

**Keep out of reach of children.**

Crominex® 3+, Capros® and PrimaVie® are registered trademarks of Natreon, Inc.

CalaMarine® is a registered trademark of Pharma Marine AS.

Hydro Q-Sorb® is a registered trademark of Tishcon Corp.



<sup>†</sup>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.



Dr. Sinatra

# Omega Q Plus®

**Resveratrol**

Dietary Supplement

180 Softgels

**Doctor's Suggested Use:** Take 2 softgels once daily with a meal.

## Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 90

| Amount Per Serving                                                                                                                          | % DV                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
| Calories                                                                                                                                    | 20                                    |
| Total Fat                                                                                                                                   | 1.5 g 2%*                             |
| Total Carbohydrate                                                                                                                          | <1g <1%*                              |
| Protein                                                                                                                                     | <1g <1%*                              |
| Cholesterol                                                                                                                                 | <5 mg 2%                              |
| Vitamin B6 (as pyridoxine hydrochloride, pyridoxal-5-phosphate)                                                                             | 30 mg 1,765%                          |
| Folate                                                                                                                                      | 680 mcg DFE (400 mcg folic acid) 170% |
| Vitamin B12 (as cyanocobalamin)                                                                                                             | 500 mcg 20,833%                       |
| Chromium (as Crominex® 3+ chromium stabilized with Capros® standardized Amla Extract (fruit), PrimaVie® purified and standardized Shilajit) | 400 mcg 1,143%                        |
| CalaMarine® Oil Concentrate (from squid)                                                                                                    | 1.23 g †                              |
| DHA (as docosahexaenoic acid ethyl ester)                                                                                                   | 350 mg †                              |
| EPA (as eicosapentaenoic acid ethyl ester)                                                                                                  | 200 mg †                              |
| L-Carnitine Fumarate                                                                                                                        | 174 mg †                              |
| Coenzyme Q10 (as ubiquinone from CoQ10 gamma-cyclodextrin complex)(Hydro Q-Sorb®)                                                           | 50 mg †                               |
| Trans-Resveratrol                                                                                                                           | 30 mg †                               |

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

†Daily Value (DV) not established.

Other ingredients: Gelatin, glycerin, medium chain triglycerides, yellow beeswax, dicalcium phosphate, purified water, sunflower lecithin, sunflower oil, silica, lemon oil, mixed tocopherols (preservative, from soy), annatto extract (color)

Distributed by Healthy Directions, Bethesda, MD 20817  
[www.healthydirections.com](http://www.healthydirections.com)



Lot No.

Expiration Date:

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