

SUGGESTED USE Consume two capsules daily. You can increase or decrease your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

Since 1979, Unsurpassed Purity, Quality and Efficacy.

**100% SOLAR PRODUCTION
ZERO-CARBON FOOTPRINT**

PROCAPS

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**Manufactured by ProCaps Labs
Henderson, NV 89011**





ANDREW LESSMAN





ESSENTIAL OMEGA-3™

Fish Oils Without Fish Taste
Concentrate of DHA and EPA

NATURAL MINT



ESSENTIAL OMEGA-3 is our high potency blend of ultra-pure Omega-3s uniquely delivered with absolutely NO fishy aftertaste. Our Omega-3s exist in their most active, natural triglyceride form and not as inferior, synthetic ethyl esters. Omega-3s are required for the structure, function and health of all body systems and since they cannot be made by the body, their benefits are only available from cold-water fish or a quality Omega-3 supplement. Research has shown that diets rich in Omega-3s are associated with superior heart, brain, eye, circulatory and general health; yet the American diet delivers alarmingly low levels of these precious fats. **Essential Omega-3** delivers a concentrated, but mild blend of DHA (Docosahexaenoic Acid), EPA (Eicosapentaenoic Acid) and DPA (Docosapentaenoic Acid), as well as SDA (Stearidonic Acid) from Ahiflower® oil – its richest natural source. Typical Omega-3 formulas focus on EPA, which is less costly to provide, whereas our Omega-3s target vital DHA, which is essential for brain, eye and heart structure and function. In fact, the highest functioning areas of the brain and the most critical parts of the eye (macula and retina) contain and require ultra-high levels of DHA. Fish oil supplements have long been praised for their myriad health benefits, but they are also criticized for their aftertaste and potential contaminants; however, **Essential Omega-3** allows you to enjoy all the benefits of fish oil without the contaminants, stomach upset or fishy aftertaste.

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.

CONTAINS NO ADDITIVES OF ANY KIND

Supplement Facts		Serving Size 2 Softgels
		Servings 180
Amount Per Serving		% DV*
Calories 10		
Total Fat 1 g		1%
Cholesterol less than 5 mg		2%
Fish Oil (anchovy, mackerel, menhaden, sardine, tuna)	970 mg	†
Total Omega-3 Fatty Acids	>800 mg	
DHA – Docosahexaenoic Acid	400 mg	
EPA – Eicosapentaenoic Acid	280 mg	
DPA – Docosapentaenoic Acid	40 mg	
ALA – Alpha-Linolenic Acid ‡	55 – 65 mg	†
SDA – Stearidonic Acid ‡	24 – 30 mg	†
Other Omega-3 Fatty Acids	40 mg	

* Percent Daily Values (% DV) are based on a 2,000 calorie diet.
† Daily Value not established. ‡ from Ahiflower® oil

Ahiflower® (*Buglossoides arvensis* seed oil) is a registered trademark of Technology Crops, LLC.

Other Ingredients: Soft-gelatin capsule (Gelatin, purified water, glycerin), Peppermint Oil (stem, leaf), Spearmint Oil (stem, leaf).

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, color, preservative, genetically modified (GMO) ingredients or manufacturing additives.