

FOOD SUPPLEMENT

Product information:

Two capsules typically provide:

Fish oil provides:	2000mg
Eicosapentaenoic acid (EPA)	360mg
Docosahexaenoic acid (DHA)	240mg

Ingredients: Omega 3 fish oil, capsule shell (bovine gelatine, glycerine), antioxidant (d-alpha tocopherol).

Allergy advice: see ingredients in bold.

*DHA contributes to the maintenance of normal brain function and vision[†]

**EPA and DHA contribute to the normal function of the heart[†]

[†]Beneficial effects are obtained with a daily intake of at least 250mg of DHA and EPA.

HIGHER NATURE[®]



Omega 3 Fish Oil

600mg EPA & DHA
Sustainably sourced



Natural source, no synthetics
180 capsules

- ✓ Pure and unconcentrated omega 3s from sustainably sourced sardines, mackerel and anchovies
- ✓ Scrupulously screened for PCBs and other pollutants to ensure the highest quality possible
- ✓ Provides carotenoids and tocopherols which are naturally present in the fish oil

Directions: Adults take 2-3 capsules (children 8 years and over, 1 capsule) daily with meals, or as your healthcare professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Warning: If you are taking any medication or have a medical condition, please consult your healthcare professional before using this product.

Storage: Store in a cool, dry place out of reach of children.

highernature.com



PRODUCT INFO



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