

Omega-3 fatty acids supplementation helps to meet daily essential fatty acid (EFA) requirements and has shown promise in many areas. EPA, in particular plays numerous roles in the body.[^]



BRAIN HEALTH[^]



MOOD SUPPORT[^]



EMOTIONAL HEALTH[^]

EPA

Precursor for hormone-like agents that regulates:

- cell division & growth[^]
- blood clotting & muscle activity[^]
- secretion of digestive juices and hormones[^]
- movement of calcium in and out of cells.[^]

If you are looking for a complete Omega product, try out Country Life's **Omega 3.6.9 Complete** which offers over 1,500 mg of Omega fatty acids per serving for cardiovascular, brain, skin and immune support![^]

For women that are expecting or pregnant, Country Life offers **Baby Care Prenatal Omega 3.6.9** to support your diet as well as your fetus' diet![^]



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Over 1,100 mg of Omega 3 fatty acids from fish oil that has been processed using molecular distillation to ensure purity and to contain no trans fatty acids.

2 Softgels provide:



Fish oil from 5 different sources



Highest EPA product Country Life offers



Major fatty acid found in the brain



No fishy taste

At Country Life, integrity is our #1 ingredient. Every product is rigorously tested to ensure it measures up against Country Life's 5 Integrity Standards: 1) authenticity of ingredients; 2) cleanliness of ingredients; 3) freshness of ingredients; 4) consistency of the formula; and 5) accuracy of labeling. Go to CountryLifeVitamins.com to learn more.

YES CERTIFIED GLUTEN-FREE BY GFCCO.ORG	NO YEAST, WHEAT OR CORN
YES RECYCLABLE PACKAGING	NO MILK, SALT OR SUGAR
YES MANUFACTURING SUPPORTS WIND POWER	NO PRESERVATIVES
	NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
	NO MAGNESIUM STEARATE
	NO GMOs

[^]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.



OMEGA 3 MOOD[®]

1,000 mg of EPA per serving

Certified Gluten-Free

2 softgels provide:



Fish Oil Concentrate 2000 mg

Helps Support:

- Emotional Health[^]
- Brain Health[^]
- Natural Lemon flavored!



Dietary Supplement 90 Softgels

Our PLEDGE of INTEGRITY
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take two (2) softgels per day. For best utilization, take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 softgels

Servings Per Container 45

Amount Per Serving		% Daily Value
Calories	25	
Total Fat	2 g	3%*
Saturated Fat	0 g	0%*
Monounsaturated Fat	0.5 g	**
Polyunsaturated Fat	2 g	**
Cholesterol	20 mg	7%*
Protein	0.5 g	1%*
Vitamin E (as d-alpha tocopherol)	13.4 mg (20 I.U.)	89%*
Fish Oil Concentrate providing:	2,000 mg (2 g)	**
EPA (Eicosapentaenoic Acid) (Omega 3)	1,000 mg (1 g)	**
DHA (Docosahexaenoic Acid) (Omega 3)	150 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water (capsule shell), natural lemon flavor. Contains fish (anchovy, sardine, mackerel, herring, salmon). 100% bovine gelatin, BSE-free

CAUTION: If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur.

See box for Lot No. and Best by date information. This product has been manufactured at a GMP Registered facility. **Do not accept if seal is broken. Store between 59°-86° F. Keep out of reach of children.**

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Manufactured for Country Life, LLC
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CountryLifeVitamins.com
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