

ESSENTIAL OMEGA by MMSN is a unique blend of the essential omega-3 and omega-6 fatty acids along with the omega-9 fatty acid. The health benefits of these fatty acids are numerous.

- Eicosapentaenoic acid (EPA), an omega-3 fatty acid, is mainly associated with healthy lipid metabolism, cardiovascular health, joint function, immune function, and skin health!
- Docosahexaenoic acid (DHA), an omega-3 fatty acid, may support brain function, eye function, cognitive function, and healthy gene expression!
- Alpha-linolenic acid, an omega-3 fatty acid, is essential for humans and plays a vital role in many cellular and metabolic processes!
- Linoleic acid, an omega-6 fatty acid, is an essential fatty acid and an integral component of cell membranes and necessary for good health!
- Oleic acid is a monounsaturated omega-9 fatty acid and has proven cardiovascular and overall health benefits!
- Delivers 900 mg of essential omega-3 fatty acids per serving.
- Pharmaceutical grade fish oil without the worry of mercury, contaminants, or fishy taste.
- Gluten free.
- Sugar free.
- All natural fruit flavor.

Note: Variations in color, taste and texture are normal when natural ingredients are used.

Quality Ingredients Guaranteed – independent third party laboratory tested to ensure accurate label claim and elimination of harmful heavy metals and environmental contaminants.



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.

BEST BEFORE



ESSENTIAL OMEGA

OMEGA 3-6-9 SUPPLEMENT

INCREDIBLY DELICIOUS!

**Helps Promote Heart Health,
Brain/Cognitive Function,
Inflammatory Balance,
Joint Function,
and Skin Health!**

Gluten Free • Sugar Free • All-Natural
Pharmaceutical-Grade Fish Oil
Vitamin D

Lemon Twist Smoothie

NET WT. 16 oz / 454 g

Directions: Take 2 tsp. (10 mL) daily. Can be taken straight or mixed into juice, yogurt, oatmeal, cottage cheese or blended beverages. Refrigerate for quality. **SHAKE WELL BEFORE EACH USE.**

Supplement Facts

Serving Size: 2 tsp. (10mL) Servings Per Container: 43

	Amount Per Serving	% Daily Value
Calories	45	
Calories from Fat	30	
Total Fat	3.5 g	5%*
Saturated Fat	1 g	5%*
Trans Fat	0 g	**
Polyunsaturated Fat	1.5 g	**
Monounsaturated Fat	1.5 g	**
Cholesterol	20 mg	7%
Total Carbohydrate	3 g	1%*
Vitamin D	400 IU	100%
Vitamin E	4 IU	13%

Omega-3 Polyunsaturated Fat		
Eicosapentaenoic Acid (EPA)	288 mg	**
Docosahexaenoic Acid (DHA)	432 mg	**
Other Omega-3 Fatty Acids	180 mg	**

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

Ingredients: Fish oil (Cod Liver and/or Salmon), water, xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, guar gum, tumeric, sorbic acid, Vitamin E (as d-alpha tocopherol), ascorbyl palmitate, and vitamin D3 (as cholecalciferol).

Note: If you are pregnant, nursing, have any health conditions or are taking any medications, consult your health care practitioner before using this product.

KEEP OUT OF REACH OF CHILDREN. DO NOT GIVE TO PETS.

GMO FREE: Does not contain any ingredient that has been genetically modified.

ALLERGEN STATEMENT: Contains highly refined fish oil with a residual fish protein level too low for allergic risk in fish-allergic consumers. No other allergens are present. This product is gluten free.

Distributed by
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