

## PRODUCT INFORMATION

One softgel capsule typically provides:

Eicosapentaenoic acid (EPA)	180mg
Docosahexaenoic acid (DHA)	120mg
Total Fish Oil	1000mg

**INGREDIENTS:** Omega 3 fish oil (antioxidant: natural mixed tocopherols); capsule shell: gelatine, glycerine, antioxidant: dl-alpha tocopheryl acetate.

**DOES NOT CONTAIN:** sugar, salt, starch, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

**This product is not tested on animals.**



Charitable organisations policy: supplements regularly donated

# HIGHER NATURE®

**TRIAL  
SIZE**

**FROM  
SUSTAINABLE  
SOURCES**

## OMEGA 3 FISH OIL

rich in EPA & DHA  
**1000mg**

**3 capsules**  
**FOOD SUPPLEMENT**

## OMEGA 3 FISH OIL 1000mg 3 capsules

FIS003

103

**DIRECTIONS:** Take 1-3 capsules (children over 8 years, 1 capsule) a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. A daily multivitamin is also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

**OMEGA 3 FISH OIL** is a pure, unconcentrated, premier quality fish oil from sustainable sources, providing natural levels of the key omega 3 fatty acids, EPA and DHA, plus fish oil's other components, including carotenoids and tocopherols, which work synergistically together. EPA & DHA are important for a healthy heart and arteries, the brain, eyes and flexible joints. Every batch is scrupulously screened for PCBs and other pollutants to ensure the highest standard possible. You will not find a purer fish oil. Protected with tocopherols.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.



FIS-033-06

**HIGHER NATURE** Burwash Common, East Sussex, TN19 7LX, UK  
[www.highernature.com](http://www.highernature.com)