

#### 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®

FROM  
SUSTAINABLE  
SOURCES

## OMEGA 3 FISH OIL

rich in EPA & DHA  
1000mg

30 capsules  
FOOD SUPPLEMENT

## OMEGA 3 FISH OIL 30 capsules

1000mg

FIS030

**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.



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