

PRODUCT INFORMATION

One 5ml teaspoon typically provides:

Eicosapentaenoic acid (EPA)	690mg
Docosahexaenoic acid (DHA)	460mg
Total omega 3 fatty acids	1340mg

INGREDIENTS: Fish oil (from sardine and anchovy), flavour: **lemon**; antioxidants: sunflower oil, rosemary extract, natural mixed tocopherols (from **soya**), ascorbyl palmitate.

DOES NOT CONTAIN: sugar, salt, starch, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.
This product is not tested on animals.

This superior PET bottle is
100% stable & non toxic.



HIGHER NATURE®

LEMON FISH OIL



high in omega 3
delicious with natural lemon

200ml
FOOD SUPPLEMENT

LEMON FISH OIL

✓ EPA & DHA support normal heart function.*

✓ DHA supports normal brain function.*

*Effect obtained with a daily intake of 250mg DHA & EPA.

DIRECTIONS: Adults take 1 teaspoon (5ml) a day, (children over 1 year, build up slowly to ½ teaspoon (2.5ml) a day), or as your health professional advises. Delicious taken straight from the spoon, or drizzled onto or blended into the food of your choice. Lemon oil covers all 'fishiness'. Not suitable for frying or baking. Do not exceed recommended daily intake.

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

Not suitable for citrus allergy sufferers.

Store in a refrigerator once opened, out of reach of children, and consume within 2 months of opening.

Batch No:

Best Before End:

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com

200ml

LFO200

110

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LFO-232-02