**DIRECTIONS:** As a dietary supplement, take 2 soft gels daily with a meal.

STORAGE: Keep tightly closed in a cool, dry place.

**WARNING:** Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

ALLERGY INFORMATION: Contains fish.

\*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.

© 2010 Beachbody. All rights reserved. Distributed by Product Partners. LLC. Sant Monica. CA 90404

Product Partners, LLC, is the owner of Beachbody, Beachbody Nutritionals, Team Beachbody, and all related designs and trademarks.

If you are a member of the Team Beachbody® community, contact your Coach for information and support or log in at TeamBeachbody.com. For Beachbody® and Team Beachbody Customer Service, please call 1 (800) 818-5174 or go to Beachbody.com.



## Supplement Facts

Serving Size: 2 soft gels Servings Per Container: 30

Servings rei Guillainer. 30	
Amount Per Servin	ıg % DV
Vitamin E (as d-alpha tocopherol) 4 I	U 13%
Marine lipid concentrate 2,000 m	ıg **
Containing: EPA – Eicosapentaenoic acid 600 m	ıa **
DHA – Docosahexaenoic acid 400 m	
**Daily Value (DV) not established	

OTHER INGREDIENTS: Gelatin (bovine), glycerine, deionized water, methacrylic acid copolymer type c, propylene glycol, glyceryl monoste arate, triethyl citrate, triacetin, vanilin, polysorbate 80, methyl parabens, and propyl parabens.

Omega-3 fatty acids, particularly EPA/DHA, help maintain healthy blood triglyceride levels and support healthy cardiovascular, cognitive, and joint function. They also support healthy vision and youthful skin and are important for proper fetal growth during pregnancy.

\*\*Fish oil is a rich source of these key omega-3 fatty acids.

Core Omega-3 is from fish sourced from cold Atlantic waters, considered the purest and richest fish oil source on the planet. One serving provides a similar amount of omega-3 fatty acids as an average serving of salmon.