


SUGGESTED USE Consume two or more capsules daily or as recommended by a health care professional. Consider consuming additional capsules if you do not often consume cold-water fish; or if your diet is high in non-Omega-3 fats; or if you consume a low fat diet. This product is most effective when used in conjunction with one of **ANDREW LESSMAN'S Life Rx™** multi-vitamin-mineral formulas. **For answers to questions about the use of this product call 800.800.1200.**

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
 Founder of PROCAPS LABS

QUESTIONS? RE-ORDERS?
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www.PROCAPSLABS.com



430 Parkson Road
 Henderson, NV 89011



FISH OILS WITHOUT FISH TASTE

ESSENTIAL OMEGA-3™

HIGH DHA-EPA FISH OIL • FLAXSEED OIL
 FREE OF MERCURY AND CONTAMINANTS



PROCAPS
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ALL-SOLAR
 MANUFACTURING

360 Easy-to-Swallow Capsules

Andrew Lessman's ESSENTIAL OMEGA-3 is a unique blend of Omega-3 oils without mercury, without PCBs and with no fishy aftertaste. Just as we require essential vitamins to live, there are also the essential Omega-3 fatty acids that we similarly require for life. The Omega-3 oils make up the trillions of cell membranes in our body and since they cannot be produced by the body, their health benefits are only available by eating a diet rich in cold-water fish or with a supplement like our **Essential Omega-3**. Research has shown that diets rich in Omega-3 fats are associated with superior cardiovascular (heart), nervous system (brain) and circulatory health. Unfortunately, the typical American diet supplies little of the Omega-3s required or recommended for good health. Our **Essential Omega-3** formula provides a unique balance of both fish and flaxseed oils, while also delivering our highest levels of all-important DHA (Docosahexaenoic Acid), plus EPA (Eicosapentaenoic Acid) and ALA (Alpha Linolenic Acid). The cardiovascular (heart) benefits of DHA and EPA are long established, but the role of DHA in brain and eye function is by far the most important Omega-3 breakthrough in recent years. Unfortunately, typical Omega-3 formulas focus on EPA and not DHA, but our **Essential Omega-3** provides 25% more of the most important of the Omega-3s - **DHA**. Both EPA and DHA are vital to the structure and function of the brain, but the highest functioning areas of the brain contain ultra-high levels of DHA with DHA making up more than 30% of the "grey matter." DHA is equally critical to eye function with the highest concentration of DHA found in the image centers of the retina. Fish oil supplements have long been praised for their health benefits, but they are equally well-known for their unpleasant aftertaste and potential contaminants. But now, with our **Essential Omega-3** you can confidently enjoy all the benefits of high DHA-EPA fish oil without worrying about mercury, contaminants or fishy aftertaste.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 2 Softgels	Servings Per Container 180
Amount Per Serving	%DV*
Calories 15	
Calories from Fat 15	
Total Fat 1.5 g	2%
Cholesterol less than 5 mg	1%
Total Omega-3 Fatty Acids	830 mg †
Fish Oil (anchovy, mackerel, sardine, tuna)	1,100 mg †
as DHA-Docosahexaenoic Acid (Omega-3)	350 mg
as EPA-Eicosapentaenoic Acid (Omega-3)	280 mg
Other Omega-3 Fatty Acids	100 mg
alpha-Linolenic Acid (Omega-3)(from flaxseed oil)	100 mg †
Peppermint, oil (standardized to 50% menthol)	11 mg †
Spearmint, oil (standardized to 55% carvone)	11 mg †

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
 † Daily Value not established.

NO ADDITIVES.

Other Ingredients: Soft-gelatin capsule (Gelatin, purified water, Glycerin).