

**USAGE:** Take 1 softgel 1 to 2 times per day with meals or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition (especially seafood allergies or coagulopathy), are pregnant, lactating, trying to conceive, under the age of 18, taking medications (especially anticoagulants), or facing surgery, consult your healthcare professional before using this product.

PhosphOmega® provides long chain omega-3 fatty acids as nature intended, a complex of phospholipids with DHA and EPA acting synergistically on the cell membrane level.\* Most fish oil products consist of ethyl ester (EE) or triglyceride forms.\* Phospholipid-bound omega-3s are better absorbed and utilized than the EE or triglyceride forms. PhosphOmega® is derived from fish meal and is a sustainable source of long chain omega-3s.

Keep out of the reach of children.

\* 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.

Distributed Exclusively by:  
**Jarrow FORMULAS®**  
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**Jarrow  
FORMULAS**

# HIGHER BIOAVAILABILITY PHOSPH OMEGA®

NATURALLY BOUND  
PHOSPHOLIPID-OMEGA-3  
COMPLEX

**1000**  
MILLIGRAMS

**30**  
SOFTGELS

**DIETARY  
SUPPLEMENT**



## Supplement Facts

Serving Size 1 Softgel (1000 mg)

Servings Per Container 30

	Amount Per Serving	% DV
Calories	10	
Calories from Fat	10	*
Total Fat	1 g	2%
Trans Fat	0 g	
Cholesterol	30 mg	10%
<b>Total Phospholipids</b>	<b>400 mg</b>	*
Omega-3 Fatty Acids	223 mg	*
EPA (Eicosapentaenoic Acid)	84 mg	*
DHA (Docosahexaenoic Acid)	111 mg	*
Astaxanthin	100 mcg	*

\* Daily Value not established.

Other Ingredients: Sunflower lecithin and rosmarinic acid. Softgel consists of gelatin, glycerin, water and annatto.

**Contains:** Fish (sandeel).

No wheat, no gluten, no soybeans, no dairy, no egg, no shellfish, no peanuts/tree nuts.

† Our IFFO RS compliant product comes from responsibly managed fisheries.

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Lot #. Best Used Before: