



Opti-Omega Q

(with phytosterols)

A Dietary Supplement



Douglas Laboratories® 8.1 fl. oz. (240 ml)

Supplement Facts

Serving Size 1 teaspoon (5 ml)
Servings Per Container 48

Amount Per Serving		%DV
Calories	30	
Total fat	3.5 g	5%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Calories from fat	30	
Cholesterol	20 mg	7%
Ultra pure fish oil concentrate	3,638 mg	*
Providing	(Typical Range)	
EPA (eicosapentaenoic acid)	582 mg 517-700 mg	*
DHA (docosahexaenoic acid)	364 mg 303-500 mg	*
Phytosterol esters (from soy)	650 mg	*
Coenzyme Q-10	50 mg	*

*Daily Value not established.

Other ingredients: Beeswax, rosemary extract, natural vitamin E, ascorbyl palmitate, citric acid, and natural flavors.

Dietary supplements containing at least 400 mg of plant sterol esters, taken twice a day with meals for a daily intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of **Opti-Omega Q** provides 650 mg of plant sterol esters.

This product contains NO yeast, wheat gluten, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, take 1 teaspoon twice daily with meals, or as directed by your healthcare professional. Shake well before use. Contents may appear cloudy when refrigerated.

KEEP OUT OF REACH OF CHILDREN.

REFRIGERATE AFTER OPENING.

Best when consumed within 90 days after opening.

Manufactured in Canada for:
Douglas Laboratories
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www.douglaslabs.com



Formula #99468