

90 SOFTGELS

OMEGA-3 DIETARY SUPPLEMENT



OCEANS³TM

Healthy Hormones[®]
with OmegaXanthin[®]

MENOPAUSE & HORMONAL SUPPORT[†]

Suggested Use: Adults take 3 softgels daily. Best taken with meals and at least 8 ounces of water. Not intended for children. Softgels are enhanced with a natural strawberry flavor. To preserve freshness, immediately refrigerate after opening.

Advanced Usage: Increase gradually to 3 softgels three times daily (9 softgels per day).

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories 15		
Calories from Fat 15		
Total Fat 1.5 g		2% [†]
Vitamin A* (50% as beta-carotene) 1,000 IU		20%
Vitamin D* 500 IU		130%
Vitamin E* 15 IU		50%
Vitamin K* 15 mcg		20%
Thiamin* (Vitamin B ₁) 1.5 mg		100%
Vitamin B ₁₂ * 100 mcg		1670%
OmegaXanthin[®] Blend 1.1 g		+
Total Omega-3s 1 g		
EPA (Eicosapentaenoic Acid) 525 mg		
DHA (Docosahexaenoic Acid) 350 mg		
Other Omega-3s 125 mg		
Natural Astaxanthin (standardized to min. 4 mg, in safflower oil) 80 mg		
Concentrated Fucoxanthin 1 mg		
Healthy Hormones[®] Botanical Blend 422 mg		+
Ashwagandha extract (<i>Withania somnifera</i> root and leaf) 189 mg		
Lifenol [®] Wild Hops extract (<i>Humulus lupulus</i>) 120 mg		
Amla Berry (<i>Phyllanthus emblica</i>) 113 mg		

[†] Percent Daily Values are based on a 2,000 calorie diet.
+ Daily Value not established.

Ingredients: Purified deep sea fish oil (anchovies and sardines), gelatin, glycerin, beeswax, beta-carotene, natural strawberry flavoring, soy lecithin.

* As RAW Food-Created Nutrients[®]

CAUTION: Your diet or health situation may benefit from the advanced use of this product. Check with your healthcare practitioner to determine your needs. As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, allergic to iodine, use blood thinners, anticipate surgery, or under medical supervision.

Keep out of reach of children. Do not use if safety seal is broken or missing.

No filler ingredients, artificial colors or preservatives.

Gluten Free. Dairy Free.

lifenol[®]
lifenol[®] is a trademark of lifenol, Inc.

Women's Heart
The Heart of Women
Caring for Women
with Heart Health

GLASS
RECYCLES

**We Buy 100% Certified
Renewable Energy**

[†] 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.

EIPOL

Distributed by Garden of Life LLC Made in the U.S.A.
4200 Northcrop Parkway, Palm Beach Gardens, FL 33410 USA

© 2015 Garden of Life LLC

03HH90L063015

www.gardenoflife.com