

Omega 3 Mood® is scientifically formulated to support emotional health, brain health and mood.*** This is the highest EPA formula product that Country Life offers. Two softgels contain 2,000 mg of fish oil concentrate and 1,000 mg of EPA.

The EPA comes from fish oil, derived from anchovy, sardine, mackerel, herring, salmon, and tuna. It has been processed using molecular distillation to ensure its purity and contains no trans fatty acids. Country Life's Omega 3 Mood® is made according to high quality and exacting standards.

*** 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS WIND POWER

NO YEAST, CORN OR WHEAT
NO MILK, SALT OR SUGAR
NO PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE
NO GMOs

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken. Store between 59°-86° F.

Keep out of the reach of children.

Lot No:



This product has been manufactured at a GMP registered facility.

ESTABLISHED 1971

Country Life

OMEGA 3 MOOD®

1,000 mg of EPA per serving
Certified Gluten-Free

Helps Support:

- Emotional Health***
- Brain Health***
- Natural Lemon Flavored!

2 softgels provide:

Fish Oil - 2000 mg Concentrate

Dietary Supplement 90 Softgels

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY



Supplement Facts

Serving Size 2 softgels Servings Per Container 45	
Amount Per Serving	% Daily Value
Calories	20
Calories from Fat	20
Total Fat	2 g 3%*
Saturated Fat	0 g 0%*
Monounsaturated Fat	0.5 g **
Polysaturated Fat	1.5 g **
Cholesterol	20 mg 7%*
Protein	0.5 g 1%*
Vitamin E (as d-alpha tocopherol)	20 I.U. 67%*
Fish Oil Concentrate providing:	
EPA (Eicosapentaenoic Acid) (Omega 3)	2,000 mg (2 g) **
DHA (Docosahexaenoic Acid) (Omega 3)	1,000 mg (1 g) **
	150 mg **

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water (capsule shell), natural lemon flavor. Contains fish (anchovy, sardine, mackerel, herring, salmon, tuna). 100% bovine gelatin, BSE-free.

MADE IN USA
Manufactured for Country Life, LLC
150 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 41200

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Each softgel is natural lemon flavored - no fishy taste.

At Country Life, integrity is our #1 ingredient. Every product is rigorously tested to ensure it measures up against Country Life's 5 Integrity Standards: 1) authenticity of ingredients; 2) cleanliness of ingredients; 3) freshness of ingredients; 4) consistency of the formula; and 5) accuracy of labeling.

Go to CountryLifeVitamins.com to learn more.

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Research with Omega-3 fatty acids supplementation has shown promise in many areas. EPA, in particular, plays numerous roles in brain health and has been shown to support mood.*** As research continues to grow, it is becoming evident that Omega-3 fatty acids, especially EPA, play a significant role in emotional health.***

When fatty acids such as EPA are present in the body, it becomes a precursor for hormone-like agents known as eicosanoids.*** These help regulate fundamental processes such as cell division and growth, blood clotting, muscle activity, secretion of digestive juices and hormones, and movement of substances like calcium into and out of cells.***

Also try Country Life's Omega 3+6+9 Complete™ to support cardiovascular, brain, skin and immune health.*** Omega 3+6+9 Complete™ is the "multivitamin" of supplement oils, and offers a spectrum of 1,534 mg of 3 different types of Omega 3, 6, and 9 fatty acids. Or if you are expecting or pregnant, try Country Life's Baby Care Prenatal Omega 3+6+9.

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- Natural Lemon flavored!



Dietary Supplement 90 Softgels

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take two (2) softgels per day. For best utilization take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

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Country Life is passionate about helping you live a healthy, active life.



This extends into the environment we live in and the materials we use in our packaging.



We use 100% recycled paperboard.



RECYCLED
Packaging made from recycled material
FSC® C101987

Also try a long-standing Country Life favorite...
Coenzyme B-Complex

- Supports energy***
- Contains essential B Vitamins in its active, "coenzymated" form.
- Now with Methylfolate.

PLEASE HELP US IN OUR MISSION;
RECYCLE THIS BOX & BOTTLE AFTER USE.