

USAGE: Take 1 softgel 1 to 2 times per day with meals or as directed by your qualified health care consultant.

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 health care practitioner 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.



01212PHMEG30
PROD # 116050
© 2012 **Jarrow** FORMULAS®

Jarrow
FORMULAS®

PhosphOmega®

HIGHER BIOAVAILABILITY
Than Ordinary Fish Oils



Naturally Bound
Phospholipid–Omega-3 Complex

30 Softgels
Dietary Supplement

Supplement Facts

Serving Size 1 Softgel (1000 mg) Servings Per Container 30

	Amount Per Serving	% DV
Calories	5	
Calories from Fat	5	*
Total Fat	0.5 g	1%
Trans Fat	0 g	
Cholesterol	30 mg	10%
Total Phospholipids	400 mg	*
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 rosemarinic 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.

Lot #. Best Used Before:

Distributed Exclusively by:
Jarrow FORMULAS®
Superior Nutrition and Formulation™
P.O. Box 35994
Los Angeles, CA 90035-4317
www.Jarrow.com