



Omega-3 Fish Oils (500)mg

USES & BENEFITS

Heart health, joint Health, brain and eye health

NUTRITIONAL INFORMATION

| One capsule typically provides; | %NRV | |
|---------------------------------|-------|-----|
| Vitamin E | 10mg | %83 |
| Fish Oil | 500mg | |
| Of which; total Omega-3 | 200mg | |
| Of which; | | |
| Eicosapentaenoic Acid (EPA) | 90mg | |
| Docosahexaenoic Acid (DHA) | 60mg | |

SUGGESTED USE

Adults; Swallow **one to two (1-2) capsules** per day with food. **Or** As directed by your health professional or pharmacist

VEGETRIAN

No

Available SKUs

30,60 softgel capsules

From the purest of seas, Omega- Rich Fish Oils taken from oily fish such as salmon and sardines.

Vitameen® Fish Oil capsules are the smallest of our fish oil supplements, nearly 70% smaller than our regular Fish Oil softgels. The omega-3s in fish oil help support a healthy heart.

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

STORAGE INSTRUCTIONS

Store in a cool dry place, between **15°-25°** and relative humidity between **35-60%**

WARNING

Keep out of the reach of children. Consult with your physician before using this product if you are pregnant or lactating have a known medical condition or are taking medications.