



## Omega-3 Fish Oils (1000)mg

### USES & BENEFITS

Heart health, joint Health, brain and eye health

### NUTRITIONAL INFORMATION

One capsule typically provides;	%NRV	
Vitamin E	10mg	83
Fish Oil	1000mg	
Of which; total Omega-3	400mg	
Of which;		
Eicosapentaenoic Acid (EPA)	180mg	
Docosahexaenoic Acid (DHA)	120mg	

### SUGGESTED USE

**Adults;** Swallow **one to three (1-3) 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® omega-3 fish oil supplements, which have benefits for healthy people and also those with heart disease.

Omega-3 fish oil contains both (DHA) and (EPA) fatty acids. Omega-3 fatty acids are essential nutrients that provide many important benefits for your heart circulation and brain, and overall normal bodily functions.

### 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.

