



Fish Oils

Omega-3 and Omega-6 Support Your System Depends On!

If you're not getting enough Omega-3 fatty acids in your diet, it can be catastrophic for your health, sometimes leading to more symptoms than any other nutritional deficiency. Among these symptoms are textural changes in skin, brittle hair, dandruff, soft nails or nails that break frequently, excessive thirst, sleep issues, attention problems, increased anxiety, depression and mood swings, and more.

Your System Needs Fish Oils!

SUPPLEMENT FACTS

Serving Size: 2 soft gels
Servings per container: 50

	Amount Per Serving	% Daily Value*
Calories	18	
Calories from fat	18	
Total fat	2g	3%
Saturated Fat	.5g	3%
Polyunsaturated Fat	1g	**
Monosaturated Fat	0g	**
Cholesterol	0mg	0%
Vitamin E (d-alpha-tocopherol)	2.U.	7%
Omega 3 Polyunsaturated Fat		
EPA	370mg	**
DHA	230mg	**
Other Omega-3	150mg	**

* Percent daily value based on a 2000 calorie diet

** Daily Value Not Established

Omega-3 and Omega-6 Support...

- Skin conditions
- Inflammation
- Wound healing
- Joint problems
- Hormonal health
- Emotional well-being
- Cardiovascular health
- Brain development (in children and fetuses)
- Maintenance of cell membrane fluidity and stability
- Oxygen transfer
- Energy production
- Immune system

For support, adults are recommended to take 2 soft gels daily, or as directed by a healthcare professional.

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See more at: <http://nutriplexformulas.com/our-products/fish-oils>