



HOLISTIFY YOUR LIFE HEALTHY OMEGA 3

**Pharmaceutical Grade - High Potency
1000 mg Pure Natural Fish Oil**

To enhance fat oxidation promoting energy
Maintain healthy skin and hair
Brain boosting EPA fatty acid
Assist in maintaining peripheral circulation
Provide temporary relief from pain of arthritis
Promote general health & vitality

Recommended Use

Take one capsule three times a day or as directed by your healthcare practitioner. For best utilization take with food.

HOLISTIFY YOUR LIFE Healthy Omega 3 contains a superior grade, high potency marine lipid concentrate which is free of heavy metals & dioxins and provides a valuable source of omega 3 polyunsaturated Fatty Acids. Each capsule provides 180mg of Eicosapentaenoic Acid (EPA) and 120mg of Docosahexaenoic Acid (DHA) not produced by the body only through dietary sources.

Molecular Distillation manufacturing allows for advanced purity and less toxins. Each capsule contains a superior quality of Vitamin E to protect the molecular integrity of the pure natural fish oil concentrate. Surpasses all national and internationally pharmaceutical standards for freshness and purity.

Countries that consume high amounts of fish have improved mental functioning which includes mood. Clinical research has found that EPA is a brain boosting fatty acid without any side effects.

Question: What are essential fatty acids?

Answer: Omega 3 and Omega 6 are the two essential fatty acids, the "good" fats, the body needs as much as vitamins for healthy body and mind. The Healthy Omega 3 capsules are from fish oil, being the highest source of Omega 3 which has many therapeutic purposes. It is the EPA and DHA found in Omega 3 that is difficult to get through diet due to the fact that it is destroyed through heating. Omega 6 is easier to get through a balanced diet.

The 6 Essentials are manufactured following GMP (Good Manufacturing Practices) and are produced at a NNFA certified facility.

Supplement Facts

Serving Size 1 softgel

	Amt. per Serving	% DV
Total Calories	10	
Calories from Fat	10	
Total Fat	1 g	
Saturated fat	0.2 g	
Monounsaturated fat	0.2 g	
Polyunsaturated fat	0.4 g	
Total carbohydrate	0.1 g	
Protein	0.2 g	
Cholesterol	6 mg	
Vitamin E (<i>d-alpha-tocopherol</i>)	5 IU	17%

Each Serving Contains:

Fish Oil - natural 1000 mg
(from superior grade marine lipid fish body oil concentrate)

Which Provides

Omega-3 Fatty Acids 1000 mg
Equiv EPA
(*Eicosapentaenoic Acid*) 180 mg *
Equiv DHA
(*Docosahexaenoic Acid*) 120 mg *

* % daily value not established

Ingredients: marine lipid concentrate, gelatin, glycerin, purified water, d-alpha-tocopherol.

CAUTION: May interfere with blood thinners as fish oil has a mild blood thinning effect, therefore it may interfere with medications such as Heparin or Coumadin (Warfarin). Always consult your physician. Store in a cool, dry place away from sunlight.

