

# Omega 3 Ultra

Pure Fish Oil 1300mg

## Presentation

**A soft capsule.**

### Each capsule delivers:

Fish Oil Concentrate	1300mg
Providing	
Omega 3 Fatty Acids	1040mg
Eicosapenaenoic Acid (EPA)	715mg
Docosahexaenoic Acid (DHA)	286mg

### Encapsulated with:

Antioxidant: Mixed Tocopherols, Capsule Shell (Gelatin, Glycerin, Sweet Orange Oil).

**Disintegration time:** Less than 30 minutes.

quantity  
60

type  
capsules

code  
8506



## Uses

The benefits of omega 3s are well documented, and research has shown that omegas 3s play a vitally important part in maintaining our health and wellbeing and it is for this reason that fish oil supplements are regularly recommended by practitioners.

Omega 3 Ultra provides a full 1040mg of omega 3 fatty acids per capsule, including 715mg of EPA and 286mg of DHA.

The sophisticated 5-stage purification process undergone by our fish oil ensures that there is no compromise on quality.

The capsule shell is impregnated with natural sweet orange oil so they are pleasant tasting.

- A concentrated fish oil
- Provides a full 1040mg omega 3 fatty acids per capsule
- One of the strongest available in the UK
- Undergoes a sophisticated purification process
- Capsule shell is impregnated with natural sweet orange oil
- Protected from oxidation by the inclusion of natural vitamin E

### Usage and administration

For those eating 2 portions of oily fish a week, 1 capsule daily.  
For those eating little or no oily fish, 2 to 3 capsules daily.

### Allergen advice

Contains fish.

### Cautions

Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Fish Oil.  
Please see page 194.

### Storage instructions

Store in a cool dry place and protected from sunlight.

### Legal category

Food supplement.



Certified from  
sustainable fisheries  
[www.friendofthesea.org](http://www.friendofthesea.org)

