

Pure Fish Oil 500mg

Providing 280mg of Omega 3s

Presentation

A soft capsule.

Each capsule delivers:

Fish Body Oil	500mg
Providing Omega 3 Fatty Acids	280mg
Of which:	
Eicosapentaenoic Acid (EPA)	135mg
Docosahexaenoic Acid (DHA)	90mg

Encapsulated with:

Antioxidant: d-alpha Tocopherol, Capsule Shell (Gelatin (Fish), Glycerin).

Disintegration time: Less than 30 minutes.

quantity
120

type
capsules

code
8500



Uses

This product contains a concentrated fish oil that provides 280mg of omega 3s per capsule. Research has shown that the 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. Of the omega 3s, EPA and DHA are considered the most beneficial, and our product contains 135mg of EPA and 90mg of DHA per capsule.

The fish oil undergoes a sophisticated purification process that ensures it is largely odour free, with levels of contaminants well below the strict EU maximum limits. The oil is then protected from oxidation while it is in the fish gelatin capsules by the inclusion of natural vitamin E.

Usage and administration

1 to 4 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

To be stored in a cool, dry place and protected from sunlight.

Legal category

Food supplement.



Certified from
sustainable fisheries
www.friendofthesea.org

