

## Essential Fats

- **A high potency Omega 3 fatty acid supplement containing 450 mg EPA and 330 mg DHA combined with Vitamin D3.**
- **Essential Fats** is our superior quality, lemon flavored Omega-3 formula providing a high yield of EPA and DHA combined with 1,000 IU of Vitamin D3. The Omega-3 fish oil, in this product, is from wild caught anchovies. The oil is then molecularly distilled to ensure purity and stability.
- **Essential Fats supports:**
  - Cardiovascular health\*
  - Immune system function\*
  - Joint comfort\*
  - Skin and hair health\*
  - Neurological performance\*
- **Essential Fats** supports cholesterol balance, cardiovascular, joint & skin health, as well as immune system function.\*
- Omega-3 fatty acids are important to health, especially for the heart, brain and cell membranes of the body.\* The omega-3 fatty acids, Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), are precursors to the PGE3 series of prostaglandins, which are substances important to proper body regulation.\*
- **Vitamin D3:**
  - Vitamin D is a fat-soluble vitamin. Adequate vitamin D levels may be important for maintaining blood pressure within normal ranges.\* Vitamin D also impacts heart health by supporting the body's natural cytokine production and vascular function.\*

### Supplement Facts

#### Serving Size: 2 Softgels

#### Amount Per Serving

Calories	25
Calories from Fat	25
Total Fat	2.5 g
Cholesterol	25 mg
Vitamin D3 (cholecalciferol)	1,000 IU
Marine Lipid Concentrate	2,500 mg
yielding EPA	900 mg
DHA	660 mg

Other Ingredients: gelatin, glycerin, water, Vitamin C, Vitamin E, lemon flavors.

- **Contains: Fish oil from anchovies.**

**Warning:** If you are pregnant or nursing, consult your health care practitioner before taking this product.

**Warning:** This product contains PCBs, a chemical known to the State of California to cause birth defects or other reproductive harm.

- **Suggested Use:** As a dietary supplement, take 2 softgels daily, or as directed by your health care practitioner.

### Distributed by

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.