

# EPA-DHA Complex<sup>®</sup>

Essential Fatty Acids from Cold Water Fish

**EPA-DHA Complex** is a totally natural source of the omega-3 essential fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), concentrated from cold water fish oil.

- Helps to support proper cardiovascular, nervous, and immune system function.\*
- Provides nutritional support to help maintain healthy triglyceride levels.\*
- Promotes a healthy cellular balance of essential fatty acids and supports healthy, balanced eicosanoid synthesis (Figure 3).\*
- Delivers a natural source of vitamin E to help guard against oxidation and maintain freshness.
- Assayed for peroxides and environmental contaminants to ensure quality and purity.

## Each softgel supplies:

Calories .....	10
Calories From Fat .....	10
Total Fat .....	1 g
Cholesterol .....	<5 mg
Omega-3 Fatty Acids .....	350 mg <sup>†</sup>
EPA (Eicosapentaenoic Acid) .....	180 mg <sup>†</sup>
DHA (Docosahexaenoic Acid) .....	120 mg <sup>†</sup>
Other Omega-3 Fatty Acids .....	50 mg <sup>†</sup>

**Other Ingredients:** Gelatin, purified water, glycerin, and mixed tocopherols.

Contains: fish (anchovy, sardine).

**Recommendations:** One softgel up to three times daily with food or as directed by your healthcare practitioner.

**Form:** 90 and 270 Softgel Bottles (Produced in Norway)

**Caution:** If pregnant or nursing, or taking medication—including blood thinning medications—consult your healthcare practitioner before use. Do not use before surgery.

\* Claim based on analysis of area percent.