

**HealthAid Omega 3 750mg Capsules** are specially formulated using Norwegian salmon fish oil to give a highly concentrated source of Omega-3 Polyunsaturates, EPA and DHA in their free form for improved digestibility, assimilation and efficacy. A valuable supplement to contribute to the maintenance of circulation and cholesterol control as well as improve general wellbeing (heart, skin, joints) and brain function.

### Omega 3 750mg Capsules may be of benefit to:

- Those who need to support the cardiovascular, reproductive and nervous systems
- Those who need to support immune function
- Those who wish to delay or avoid age-related illnesses
- Those who wish to improve the quality of their skin
- Children to aid neural development, healthy brain function and an active lifestyle

### When should I take Omega 3 750mg Capsules?

Omega 3 capsules can be taken daily with confidence as part of an optimal diet, for general health and wellbeing by everyone. However you may need additional support to help balance the body in times of increased stress, weight loss, mental disturbances as well as general cardiovascular, immune and reproductive support.

### Recommended Daily Intake of Omega 3 750mg Capsules :

Children over 6 years one capsule daily; Adults and children over 12 years, one to three capsules daily. Do not exceed recommended daily intake unless advised by a suitably qualified person.

**\*\* Food Supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.**

Each Omega 3 Capsules contains (average):		%NRV
Fish Oil concentrate	1250mg	*
Of which:		
EPA (Eicosapentaenoic acid)	425mg	*
DHA (Docosahexaenoic acid)	325mg	*
Total Omega-3 polyunsaturates	750mg	*
Vitamin E (d-alpha tocopherol)	7.5mg	63
*: EC Nutrient Reference Value Not Yet Established		
INGREDIENT FOR OMEGA 3 750MG CAPSULES: Concentrated Fish Oil, Capsule Shell [gelling agent (gelatine), humectant (glycerol, purified water), emulsifier (pectin), firming agent(calcium chloride)], Natural Vitamin E (d-alpha tocopherol).		