

OMEGA-3 COMPLEX

Omega-3 fatty acids are a group of polyunsaturated fatty acids that support a number of important functions in the body, and provides support for cardiovascular health and joint and mental function.



EVENING PACK

- Contains essential fatty acids critical to overall cardiovascular health
- Shown to help improve overall calcium absorption

Omega-3 Complex Omega-3 fatty acids (omega-3s) are a group of polyunsaturated fatty acids that support a number of important functions in the body. IDLife's Omega-3 Complex provides a natural source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Omega-3 fatty acids play many important roles throughout the body, including cardiovascular health as well as healthy joint and mental function.*

Supplement Facts			
Serving Size: 1 Softgel (1194.00 mg)			
	Amount Per Serving	Calories	% Daily Value*
Total Calories		8.04	
Total Fat	749.77 mg	6.75	1%*
Saturated Fat	48.29 mg	0.43	<1%*
Trans Fat	0.00 mg	0.00	†
Unsaturated Fat	701.49 mg	6.31	†
Monounsaturated Fat	120.48 mg	1.08	†
Polyunsaturated Fat	581.00 mg	5.23	†
Cholesterol	0.00 mg	0.00	0%*
Total Carbohydrate	108.85 mg	0.44	<1%*
Protein	214.72 mg	0.86	<1%*
Amount Per Serving			
Vitamin E	10.00	IU	45%
	6.70	mg	
EPA (Eicosapentaenoic Acid)*	320.00	mg	†
DHA (Docosahexaenoic Acid)*	240.00	mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established

All Ingredients In Descending Order: Fish Oil Concentrate, Gelatin, Glycerin, Purified Water, Vitamin E (D-Alpha Tocopherol).

Zero declaration is allowed if, for one serving:

Total fat	Less than 0.5 gram
Saturated fat	Less than 0.5 gram
Trans fat	Less than 0.5 gram
Cholesterol	Less than 2 mg
Carbohydrates	Less than 0.5 gram
Protein	Less than 0.5 gram

*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.

