

Super Omega-3 EPA (60 capsules)
Stock #: 1515 Regular Price: 37.95



What's so great about fish oil anyways? Plenty.

Super Omega-3 EPA provides beneficial omega-3 essential fatty acids (EPA and DHA) from fresh, cold-water fish for "super" cardio support and brain health.

Omega 3 fatty acids are a different type of fat than what you're used to – these are healthy fats. They are one of four basic fats that the body derives from foods.

While many other fats are harmful, omega-3 fatty acids benefit the body and are especially good for the heart, as well as the brain.

Our bodies cannot manufacture these fatty acids, so we have to get them from food or supplements. Hence the term essential fatty acids.

Super Omega-3 EPA is a natural fish lipid concentrate providing a premium, coldwater source of two important omega-3 essential fatty acids: EPA and DHA.

The flesh of certain deep-sea fish contains essential healthy fats the body needs for vital processes.

Omega-3 fatty acids, including eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are found in many body tissues, including the brain, retina and sperm cells. EPA and DHA nourish the circulatory system and are vital building blocks of brain cells.

Since omega-3 fatty acids can only be obtained through the diet or from supplements, they are considered essential for good health.

Omega-3 fatty acids in fish oil have been associated with tons of health benefits, including supporting general heart health and healthy blood pressure levels, maintaining healthy cholesterol and triglyceride levels, supporting eye health, helping muscles recover after exercise, supporting healthy lung and immune functions, and supporting glandular and reproductive health.

Omega-3s have also been proven through clinical research to be essential for brain processes, like memory, and behavioral functions, including mood.

And, omega-3s help keep joints healthy and may increase calcium absorption, which is vital to the integrity of the bones.

Plus, omega-3 fatty acids support the body's natural inflammatory response.

EPA helps the blood be less sticky and flow better, and it helps maintain already-normal triglyceride levels. This fatty acid might also have benefits for joints and overall comfort.

DHA is found in every cell of the body, but it is the primary omega-3 fat in the brain. It supports brain health and function, and it helps increase blood flow during mental challenges. DHA also seems to help nerve cells communicate better. Several studies show that people both old and young with attention challenges have lower levels of DHA in their blood. Studies show that consuming plenty of DHA improves learning.

Among a host of other benefits, supportive but not conclusive research shows that consuming EPA and DHA fatty acids may reduce the risk of hypertension and coronary heart disease by lowering blood pressure.*

Each softgel contains approximately 1,000 mg fish oil, with a ratio of 33:16 EPA to DHA (380 mg EPA, 190 mg DHA).

Our Super Omega-3 EPA also contains natural lemon oil to significantly reduce the aftertaste from fish oil and to reduce gas.

Benefits:

- Promotes brain health
- Encourages healthy cardiovascular function
- Helps maintain healthy joints
- 380 mg EPA / 190 mg DHA per capsule
- Natural lemon flavor added for better taste
- Features sustainably-sourced, non-GMO anchovy oil

Ingredients:

Fish oil (anchovy, sardine, mackerel), Eicosapentaenoic acid, Docosahexaenoic acid, Natural lemon oil.

Quality Assured:

We use only sustainably-sourced, non-GMO anchovy oil from the South Pacific that is super certified (IFOS, Friend of the Sea sustainability, Marin Trust).

Your body craves pure, potent and effective vitamins, minerals and other nutrients.

We're obsessed with delivering them, so you get the benefits you expect and the results you deserve.

Recommended Use:

Take 1 softgel with a meal three times daily. Refrigerate after opening.

- 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.



OMEGA-3 EFA's

BENEFICIAL FOR THE
CARDIOVASCULAR,
NERVOUS, IMMUNE,
SKELETAL, &
GLANDULAR SYSTEMS

