



## Omega-3 Optimize

MADE WITH  
NON  
GMO  
ingredients

Arctic-sourced, molecularly distilled  
Omega-3 Formula

### Did You Know...

You've probably heard that Omega-3 is an important part of a complete vitamin and supplement regimen, but do you know why?

HealthSource Omega-3 Optimize can help to support the following:

- Cardiovascular health\*
- Immune health\*
- Joint health\*
- Healthy hair, skin, and nails\*
- Brain/Neurological health\*
- Healthy aging\*

### The HealthSource Difference

Not all fish oils are created equal. Here is a quick glance at what sets HealthSource Omega-3 Optimize apart from the rest:

#### QUALITY

- Raw ingredients are sourced from pristine waters
- Sourced from fish known for their high yields of active ingredients
- Molecularly distilled to ensure quality and purity

#### FEATURES

- Optimal yields of EPA and DHA, the active ingredients in fish oil\*
- Lemon-flavored to help reduce fishy burps and aftertaste
- Liquid option perfect for patients who can't swallow large pills

#### BENEFITS

- Helps to support overall wellness\*
- Ideal option to support healthy joints, inflammation response, and healthy cholesterol balance\*
- Can help support healthy metabolism and peak athletic performance\*

### Supplement Facts

**Serving Size: 1 tsp. (5 mL)**

**Servings: 48**

#### AMOUNT PER SERVING

Calories	45
Calories from Fat	45
Total Fat	5.0 g
Cholesterol	25 mg
Omega-3 Fatty Acids	1,500 mg
EPA	800 mg
DHA	500 mg
Other	200 mg

Other Ingredients: Omega-3 Fish Oil (sardine, herring, anchovy, mackerel), Natural Lemon Flavor.

**Contains: Fish (sardine, herring, anchovy, mackerel)**

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

**Suggested Use:** Adults take 1 tsp. daily and children take 1/2 tsp. daily, preferably prior to meal or before bedtime or as directed by your healthcare practitioner.

\* 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.