



Omega-3 Optimize Liquid

Arctic-sourced, molecularly distilled, Triglyceride form 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:

FEATURES

- Optimal yields of EPA and DHA, the active ingredients in fish oil*
- Raw ingredients are sourced from pristine waters
- Sourced from fish known for their high yields of active ingredients*
- Natural Triglyceride form

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*
- More natural, absorbable form of Omega-3*

* 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.

Supplement Facts

Serving Size: 1 Tsp. (5 mL) Servings Per Container: 48

Amount Per Serving	% Daily Value	
Calories	45	
Calories From Fat	45	
Total Fat	4.6g	6%*
Saturated Fat	1.5g	8%*
Polyunsaturated Fat	2.5g	†
Monounsaturated Fat	1.5g	†
Cholesterol	<1 mg	<1%*
Omega-3 Fatty Acids	1380 mg	†
EPA (Eicosapentaenoic Acid)	735 mg	†
DHA (Docosahexaenoic Acid)	460 mg	†
Other Omega-3 Fatty Acids	185 mg	†

*% Daily Values are based on a 2000 calorie diet.
† Daily Value not established.

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

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 a meal or before bedtime, or as direct by your healthcare practitioner.