

Pure Fish Oil 1100mg

Providing 700mg of Omega 3s

Presentation

A soft capsule.

Each capsule delivers:

Fish Body Oil Concentrate	1100mg
Providing Omega 3 fatty acids	700mg
Of which:	
Eicosapentaenoic Acid (EPA)	360mg
Docosahexaenoic Acid (DHA)	240mg

Encapsulated with:

Antioxidant: dl alpha Tocopherol,
Capsule shell (Gelatin and Glycerin).

Disintegration time: Less than 30 minutes.

quantity
60, 120 & 180

type
capsules

code
8508



Uses

These capsules contain a concentrated, fish oil which provides a full 700mg of Omega 3s per capsule, (many 1000mg fish oils products contain just 350mg of Omega 3s). This means that this product is one of the strongest available in the UK and is therefore widely recommended by practitioners. The fish oil undergoes a sophisticated purification process that ensures it is largely odour free, with levels of contaminants well below the strict EU maximum limits. The oil is then protected from oxidation while it is in the capsules by the inclusion of natural vitamin E.

The most beneficial ingredients in fish oil are the two Omega 3 fatty acids, EPA and DHA. Clinical studies have shown that Omegas 3s are used by the body in countless ways including the following;

- The maintenance of a healthy heart
- In helping to maintain joint mobility
- Maintaining healthy skin
- Brain development.

Usage and administration

1 to 3 capsules daily.

Allergen advice

Contains fish.

Cautions

Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Fish Oil. Please see page 194.

Storage instructions

To be stored in a cool, dry place and protected from sunlight.

Legal category

Food supplement.



Certified from
sustainable fisheries
www.friendofthesea.org

