



Daily Omega 3

UNFLAVOURED

120 Tablets
per pack

- 1

Reduces inflammation and exercise-induced muscle soreness
- 2

Facilitates growth and repair of muscle tissue
- 3

Helps to prevent loss of muscle mass when injured
- 4

Boasts a wide range of general health benefits

Nutritional Values

Reference intake of an average adult (8400kJ/2000 kcal)

Serving size: 1-3 softgels per day

Typical Values	Per 100g
Fish Oil	1000mg
Providing unsaturated fatty acid:	
Eicosapentaenoic acid (EPA)	500mg
Docosahexaenoic acid (DHA)	250mg

Directions and Usage:
1-3 softgels in the evening (with dinner)

Ingredients

Fish Oil, Capsule Shell (Gelatin, Glycerol, Purified Water).

