

Fish Oil *Fast Facts*



Fish oil is the common name for omega-3 polyunsaturated fatty acids.



Two of the most important omega-3 fatty acids contained in fish oil are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

DHA

EPA

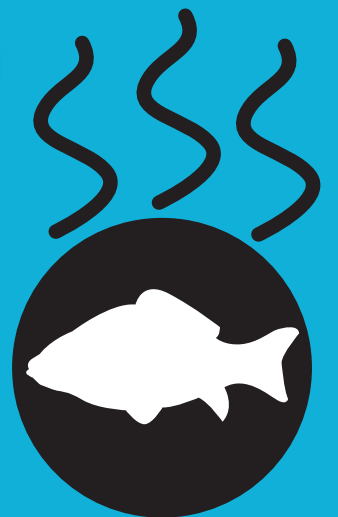


Fish oil is best known for its ability to support heart and joint health.

Did you know your body can't make the fatty acids found in fish oil, so it must be consumed from food or omega-3 supplements?



Don't be alarmed by a fishy smell! As fish oil ages and is exposed to oxygen, undesirable odors and flavors may develop.



This natural aging process does not impact the safety, efficacy, DHA or EPA content of the fish oil.