

Omega-3 *Fast Facts*



Omega-3 is a macronutrient most commonly obtained from oils derived from oily fish.



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

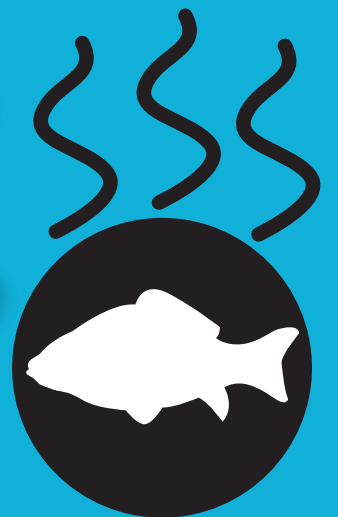


Omega-3 is best known for its ability to support cardiovascular health, cognitive health and brain function.

Did you know your body can't make Omega-3 fatty acids, so it must be consumed from food or Omega-3 supplements?



Don't be alarmed by a fishy smell! As Omega-3 fatty acids age and are exposed to oxygen, undesirable odors and flavors may develop.*



This natural aging process does not impact the safety, efficacy, EPA or DHA content of Omega-3 products.