

**SUGGESTED USE** Consume two capsules daily. You can increase or decrease your intake as required or as guided by your physician. **For questions about the use of this product call 800.800.1200.**

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**100% SOLAR PRODUCTION  
ZERO-CARBON FOOTPRINT**

**PROCAPS**

**QUESTIONS? REORDERS?**

**800.800.1200 PROCAPS.COM**

**Manufactured by ProCaps Labs  
Henderson, NV 89011**

718044



ANDREW LESSMAN

**PROCAPS**



# ESSENTIAL OMEGA-3™

**Free of Mercury and Contaminants**

Concentrate of DHA and EPA



Dietary Supplement



**360 EASY-TO-SWALLOW CAPSULES**

**ESSENTIAL OMEGA-3** is our high potency blend of ultra-pure Omega-3s. Our Omega-3s exist in their most active, natural triglyceride form and not as inferior, synthetic ethyl esters. Omega-3s are required for the structure, function and health of all body systems and since they cannot be made by the body, their benefits are only available from cold-water fish or a quality Omega-3 supplement. Research has shown that diets rich in Omega-3s are associated with superior heart, brain, eye, circulatory and general health; yet the American diet delivers alarmingly low levels of these precious fats. **Essential Omega-3** delivers a concentrated, but mild blend of DHA (Docosahexaenoic Acid), EPA (Eicosapentaenoic Acid) and DPA (Docosapentaenoic Acid), as well as SDA (Stearidonic Acid) from Ahiflower® oil – its richest natural source. Typical Omega-3 formulas focus on EPA, which is less costly to provide, whereas our Omega-3s target vital DHA, which is essential for brain, eye and heart structure and function. In fact, the highest functioning areas of the brain and the most critical parts of the eye (macula and retina) contain and require ultra-high levels of DHA. Fish oil supplements have long been praised for their myriad health benefits, but they are also criticized for their potential contaminants; however, **Essential Omega-3** allows you to enjoy all the benefits of fish oil without the contaminants or stomach upset.

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.

**CONTAINS NO ADDITIVES OF ANY KIND**

## Supplement Facts

Serving Size 2 Softgels

Servings 180

Amount Per Serving % DV\*

**Calories 10**

**Total Fat 1 g 1%**

**Cholesterol less than 5 mg 2%**

Fish Oil 970 mg †  
(anchovy, mackerel, menhaden, sardine, tuna)

**Total Omega-3 Fatty Acids >800 mg**

DHA – Docosahexaenoic Acid 400 mg

EPA – Eicosapentaenoic Acid 280 mg

DPA – Docosapentaenoic Acid 40 mg

ALA – Alpha-Linolenic Acid ‡ 55 – 65 mg †

SDA – Stearidonic Acid ‡ 24 – 30 mg †

Other Omega-3 Fatty Acids 40 mg

\* Percent Daily Values (% DV) are based on a 2,000 calorie diet.

† Daily Value not established. ‡ from Ahiflower® oil

Ahiflower® (*Buglossoides arvensis* seed oil) is a registered trademark of Technology Crops, LLC.

Other Ingredients: Soft-gelatin capsule (Gelatin, purified water, glycerin).

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, color, preservative, genetically modified (GMO) ingredients or manufacturing additives.