

LITTLE FISH OIL

PRODUCT INFO SHEET

Description

Advanced Support for Cardiovascular, Immune & Joint Health

Little Fish Oil features a concentrated, purified source of pharmaceutical-grade omega-3 fatty acids from sustainably sourced, cold-water fish. Each softgel provides a total of 430 mg EPA and 290 mg DHA.

Ingredients

EPA (eicosapentanoic acid) and DHA (docosahexanoic acid) are two omega-3 fatty acids found in fish and fish oil supplements. There have been numerous clinical trials and studies performed on the health benefits of EPA and DHA. To date, omega-3 fatty acids have been shown to prevent primary and secondary cardiovascular events, reduce triglycerides, improve hypertension, and help improve issues associated with Metabolic Syndrome. They have also shown to be effective anti-inflammatory agents and have beneficial effects on mood disorders.

Several reports suggest that maternal supplementation of fish oils or DHA alone during the third trimester and while breast-feeding can improve cognitive development in newborns, and improve sleep patterns. School aged children have also been shown to have increased mood and concentration when supplemented with omega-3 fatty acids.

The American Heart Association recommends patients with documented Coronary Heart Disease (CHD) consume about 1 gram of EPA + DHA per day, preferably from fatty fish, while patients who need to lower triglycerides consume 2-4 grams of EPA + DHA per day provided as a dietary supplement under a physician's care. The FDA has also recognized the importance of omega-3 fatty acids like EPA and DHA, and allows the following health claim to be placed on fish oil products: *"Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease."*

Dosage

SUGGESTED USE: Take 2 soft gels 1-2 times daily with food or as directed by your healthcare practitioner.

Caution

Consult your healthcare practitioner if pregnant, nursing, or taking other nutritional supplements or medications. Keep out of the reach of children.

Storage: Keep tightly closed in a cool, dry place.

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Supplement Facts

Serving Size: 2 Softgels
Servings Per Container: 30

	Amounts Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	4%*
Cholesterol	5 mg	2%*
Marine Lipid Concentrate	2.5 mg	**
EPA (Eicosapentaenoic acid)	860 mg	**
DHA (Docosahexaenoic acid)	580 mg	**
Other Omega-3 Fatty Acids	160 mg	**

*Percent Daily Value are based on a 2,000 calorie diet
** Daily Value not established

Other Ingredients: Marine lipid concentrate [fish (sardine, anchovy and mackerel) oil], softgel shell (gelatine, glycerin, water), natural lemon flavor, natural lime flavor, mixed tocopherols (antioxidant), rosemary extract and ascorbyl palmitate (antioxidant). **Contains: Fish (sardine, anchovy and mackerel.)**

*These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat or prevent, or cure any disease.*



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