

**SUGGESTED USE** Consume two or more capsules daily or as recommended by a health care professional. You may wish to consume additional capsules if you do not frequently consume cold-water fish; or if your diet is high in unhealthy fats (saturated or trans fats); or if you consume a particularly low fat diet. This product is most effective when used in conjunction with a high potency, comprehensive multi-vitamin-mineral supplement such as one of **ANDREW LESSMAN'S Life Rx™** formulas. **For answers to questions about the use of this product call 800.800.1200.**

**UNSURPASSED.**

*Purity. Quality. Integrity. Effectiveness.*



Andrew Lessman  
Founder of PROCAPS LABS



**QUESTIONS? RE-ORDERS?  
CALL 800.800.1200  
WWW.PROCAPSLABS.COM**

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MANUFACTURING**

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# ESSENTIAL OMEGA-3™

**HIGH EPA-DHA FISH OIL • FLAXSEED OIL  
FREE OF MERCURY AND CONTAMINANTS**



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360 Easy-to-Swallow Capsules

**Andrew Lessman's ESSENTIAL OMEGA-3** is a uniquely balanced, mercury-free blend of the essential Omega-3 oils that are so lacking in the American diet. Just as with vitamins, there are certain fatty acids that are vital for life, yet cannot be produced by the body. Their health benefits are obtained by eating a diet rich in cold-water fish or by consuming a nutritional supplement like our **Essential Omega-3**. Research has shown that diets high in these Omega-3 oils are associated with superior cardiovascular (heart), nervous system (brain) and circulatory health. Unfortunately, the typical American diet supplies only a very small fraction of the Omega-3 oils required for health. Our **Essential Omega-3** formula provides both fish oil and flaxseed oil, including precisely balanced levels of Docosahexaenoic Acid (DHA) and Eicosapentaenoic Acid (EPA). Because EPA and DHA are considered to be by far the most important of the Omega-3 oils, we provide our highest levels ever, yet still do so in a small, soft, easy-to-swallow capsule. And, while most Omega-3 formulas provide lower levels of brain-supportive DHA, we insure the greatest benefits, since we provide just as much DHA as EPA. The essential Omega-3 oils make up the membranes of all our trillions of cells and are vital to the health of our cardiovascular (heart and circulation), nervous (brain), immune and endocrine (hormone) systems. Fish oil supplements have long been recognized for their importance, but they are equally well known for their potential contaminants. However, now you can confidently enjoy all the benefits of fish oils, since the highly concentrated, purified fish oils of **Essential Omega-3** provide the EPA and DHA you need without concerns about mercury or contaminants.

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, starch, cholesterol, emulsifier, wax, binder, filler, excipient, lubricant, coating, diluent, flowing agent, color, flavor, sweetener or preservative.

**CONTAINS NO ADDITIVES OF ANY KIND**

## Supplement Facts

Serving Size 2 Capsules	Servings Per Container 180
Amount Per Serving	%DV*
<b>Calories 10</b>	
Calories from Fat 10	
<b>Total Fat 1 g</b>	<b>2%</b>
<b>Total Omega-3 Fatty Acids</b>	<b>700 mg †</b>
<b>Fish Oil</b> (anchovy, mackerel, sardine, tuna)	<b>1 g (1,000 mg) †</b>
as EPA-Eicosapentaenoic Acid (Omega-3)	280 mg
as DHA-Docosahexaenoic Acid (Omega-3)	280 mg
<b>Flaxseed Oil</b>	<b>200 mg †</b>
as alpha-Linolenic Acid (Omega-3)	140 mg

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

† Daily Value not established.

Other Ingredients: Soft-gelatin capsule (Gelatin, Glycerin).

**NO ADDITIVES.**