

# Green Omega 3

Product Size: 60 softgels/61 g

Item No. 44191

Not all omegas are created equal. This vegan-friendly omega-3 food supplement serves up essential fatty acids from algal oil instead of fish oil to support your health.

Compared to other vegan-friendly omega-3 food supplements, Green Omega 3 softgels contain one of the highest amounts of DHA and EPA. Each serving packs 330 mg of DHA (docosahexaenoic acid) and 160 mg of EPA (eicosapentaenoic acid) from a pure plant source—marine algae. We also added flaxseed oil—which provides ALA (alpha-linolenic acid)—and Clove essential oil. Together, these plant-based ingredients give you amazing benefits without the fishy aftertaste.



## Benefits and Features

- DHA contributes to maintenance of normal brain function and normal vision. The beneficial effect is obtained with a daily intake of 250 mg.
- EPA and DHA contribute to the normal function of the heart. The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.

## Product Background

Algal oil is a plant-based source of two omega-3 fatty acids, DHA and EPA, derived from algae. Algae are easy to grow, requiring only sunlight, carbon dioxide, nitrogen, and phosphorus, making algae farming one of the few operations with a neutral carbon footprint.

As the world's population grows and puts pressure on wild fisheries, alternative plant-based sources of omega-3s, like algal oil, are becoming increasingly popular. Algal oil provides a sustainable way to supplement your nutritional needs and positively impacts the planet.

## Directions

Take 2 softgels daily.

## Storage

Keep in a cool, dark place.

## Cautions

Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health care professional prior to use. Does not contain fish. Food supplements are not a substitute for a varied diet and should be consumed as part of a balanced diet and healthy lifestyle. Do not exceed the recommended dose.

## Ingredients

Algal (*Schizochytrium* sp.) oil, Modified Tapioca starch, Flax (*Linum usitatissimum*) seed oil, Glycerin, Water, Vitamin E (as d-alpha-tocopherol), Clove (*Syzygium aromaticum*)\* flower bud oil.

\*100% pure essential oil