

dotFIT SuperOmega-3



Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 60

Amount Per Serving	% Daily Value*
Calories	10
Calories from Fat	10
Total Fat	1 g 2%*
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Fish Oil - AlaskOmega®	1000mg **
EPA (Eicosapentaenoic acid) (360 mg)	
DHA (Docosahexaenoic acid) (240 mg)	

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Who is this for?

- Anyone who does not consume 2-4 servings weekly of the fatty fish which contains the omega-3 fish oils, EPA and DHA. (Salmon, mackerel, anchovies, sardines, herring)
- Low intake of these nutrients is common in the U.S.
- Optimal intake of the omega-3 fish oils supports cardiovascular health.
- EPA and DHA may benefit inflammation and support eye and brain health, as well as body composition.

What makes this product unique?

- This formula contains the correct ratio and milligrams of EPA to DHA (3:2) which have been shown to have positive health benefits.
- No mercury or harmful PCBs.
- Made from wild caught Alaska Pollock.
- NSF Certified for Sport for purity, potency and label accuracy
- Certified sustainable and traceable by the Marine Stewardship Council

How should I take this?

- Take one (1) tablet per day with food

