



Supplement Facts

Serving Size: One (1) Softgel

	Amount Per Serving	% Daily Value**
Calories	10	
Calories from fat	5	
Total fat	1g	1%
Sugars	0g	†
Omega-3 fatty acids (from algal oil)	500mg	†
DHA (docosahexaenoic acid)	270††	†
EPA (eicosapentaenoic acid)	135††	†

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

† Daily Value not established.

†† Minimum levels. Amounts may be higher than those indicated above.

Ingredients: Algal Oil (which contains high oleic sunflower oil, rosemary extract, antioxidants [tocopherols and ascorbyl palmitate]), Corn Starch, Glycerin (from palm oil), Sorbitol, Carrageenan, Purified Water, Beta Carotene, and Caramel Color.

Distributed by **i-Health, Inc.** 55 Sebethe Drive Cromwell, CT 06416

Made in the USA with US and imported materials.

Directions: For use as a dietary supplement, take one softgel per day.

Keep out of reach of children. As with any dietary supplement, please inform your healthcare professional before use.

Consult your physician before using this product if you are taking blood medications such as anticoagulants or blood thinners, have a bleeding disorder, or anticipate surgery.

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*Not a reduced calorie food.

‡Omega-3 category

Ovega-3 is an all-vegetarian/vegan DHA + EPA Omega-3 supplement from a safe and natural plant source (algae); not fish. With 500mg of total omega-3s, Ovega-3 provides the same heart healthy benefits of traditional fish oil but without the unpleasant fishy aftertaste associated with some fish oils.* Most people think that fish are the original source of DHA and EPA, but it's really the algae they eat that naturally contain these important omega-3s. Ovega-3 has gone directly to the source and bypassed the fish. You can be sure that Ovega-3 is free of PCBs and mercury because it is sourced from plants that are grown outside of the ocean. As one of the highest quality omega-3 supplements available, Ovega-3 is also from a sustainable source and does not deplete the ocean's supply of fish.

For questions, concerns, or to report an adverse event, please call (800) 722-3476. www.ovega.com

***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.**

Ovega-3
Ovega-3® is:
✓ GMO-Free
✓ Gluten-Free
✓ Soy-Free
✓ Lactose-Free
✓ Sugar-Free*



Plant-based Omega-3

Ovega-3®

♥ **HEART HEALTHY** Alternative to Fish Oil and Krill Oil*

- ✓ Vegan, Sustainable Source
- ✓ No Fishy Aftertaste
- ✓ Gluten-Free & GMO-Free



**500mg Omega-3s
DHA + EPA**

**Omega-3 Supplement
30 VEGETARIAN SOFTGELS**

Only 1 Per Day!

Ovega-3®

♥ **HEART HEALTHY**
Alternative to
Fish Oil and Krill Oil*