

### OMEGA-3 FATTY ACIDS

OMEGA-3 FATTY ACIDS ARE ESSENTIAL FOR GROWTH AND DEVELOPMENT THROUGHOUT THE HUMAN LIFE CYCLE. THESE FATTY ACIDS ARE "ESSENTIAL" BECAUSE YOUR BODY CANNOT MANUFACTURE THEM ON ITS OWN. EPA'S MUST COME FROM A FOOD OR SUPPLEMENT. THEY ARE ALSO ESSENTIAL BECAUSE THEY ARE A COMPONENT OF EVERY LIVING CELL IN THE BODY, AND ARE NECESSARY FOR REBUILDING EXISTING CELLS AND THE PRODUCTION OF NEW CELLS.\* STUDIES SUGGEST FISH OIL SUPPORTS HEALTHY HEART FUNCTION AND JOINT FLEXIBILITY.\* CONSUMPTION OF OMEGA-3 FATTY ACIDS MAY REDUCE THE RISK OF CORONARY HEART DISEASE.\*

\*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.

PN's manufacturer's production facility is NSF cGMP Certified



www.physiquenutrition.net



# OMEGA-3

Cardio Vascular Health\*

Cognitive Health\*

Nervous System Health\*

Joint Health\*

120 SERVINGS

DIETARY SUPPLEMENT  
120 Capsules

**NEW**

### SUPPLEMENT FACTS

Serving Size: 1 Softgel  
Servings Per Container: 120

	Amount Per Serving	%DV†
Calories	10	
Calories from Fat	9	
Total Fat	1 g	1.5%
Fish Oil	1000 mg	**
Omega-3 Fatty Acids	500 mg	**
EPA (Eicosapentaenoic Acid)	300 mg	**
DHA (Docosahexaenoic Acid)	200 mg	**

\*\* Percent Daily Value "DV" Not Established.

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

INGREDIENTS: Fish Oil (33% EPA / 22% DHA, Mixed Tocopherols 0.2%), Gelatin, Glycerin and Purified Water.

DIRECTIONS FOR USE: As a dietary supplement, take 1 to 2 softgels, up to 3 times daily, with meals.

WARNING: Not intended for use by persons under 18. Do not use if pregnant or nursing. Consult a health care provider before use if you have any medical conditions, or if you are using any prescription or over the counter medications. Consult a health care provider before starting any diet or exercise program. Do not exceed recommended serving. Improper use of this product will not improve results and is not advised. Use only as directed. Do not use if safety seal on this package has been broken. Store in a cool, dry place, keep out of reach of children.

Manufactured For:

Physique Nutrition Inc., a Pennsylvania Corporation  
140 East Main Street, Carnegie, Pa 15106  
Info@physiquenutrition.net

**PHYSIQUENUTRITION.NET**