

†Youtheory® Ocean-Friendly Omega is a plant-based algal oil derived from algae grown in controlled land-based systems using fermentation, without harvesting marine life.



helps support heart health\*

Sufficient intake of the essential fatty acids DHA and EPA help support our body's brain, eye, and heart functions and contribute to overall health.\*



helps support brain health\*

Youtheory Ocean-Friendly Omega supplies DHA and EPA without the fishy aftertaste.



helps support eye health\*

↓ **RECYCLABLE**  
Bottled in recyclable aluminum



fish-free algal oil

youtheory



ocean-friendly†  
**omega**

algae oil with Omega-3 | 1,470 mg\*\*\*

supports brain, eye + heart health\*



60 softgels

dietary supplement

**Suggested Use: (Adults)** Take two (2) softgels per day.

## Supplement Facts

Serving Size: 2 Softgels  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	20	
Total Fat	2 g	2%**
Total Carbohydrate	<1 g	<1%**
Sodium	10 mg	<1%
<b>Algal Oil (<i>Schizochytrium spp.</i>)</b>	<b>1,470 mg</b>	†
Total Omega-3 (as triglycerides)	770 mg	†
Docosahexaenoic Acid (DHA)	450 mg	†
Eicosapentaenoic Acid (EPA)	140 mg	†

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

†Daily Value not established.

**Other Ingredients:** Modified corn starch, vegetable glycerin, carrageenan, sorbitol, purified water, tocopherols.

**Usage Warnings:** Check with your doctor before using this product if you are taking medication or have any medical conditions. Do not use if you are pregnant or nursing. Do not exceed the recommended daily intake without checking with your doctor. Not intended for persons under 18. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

\*\*\*Algal oil per serving.

Although this product is fish-free, it is manufactured in a facility that processes fish and eggs.

manufactured for:  
**nutrawise®**

irvine, ca 92618 USA  
888.271.8976  
youtheory.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.



vegan friendly



dairy free



soy free



no gluten ingredients

Metal Recycles Forever™ is a registered trademark of Metal Packaging Europe Softgels shown not actual size.

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