

## EFFECTIV OMEGA 3 SPORT

Delivers a pure source of the essential long chain fatty acids EPA and DHA, which contribute to the normal function of the heart. DHA also contributes to the maintenance of normal brain function. These beneficial effects are obtained with a daily intake of 250 mg of EPA and DHA.

EPA and DHA are considered essential fatty acids because they cannot be made efficiently by the body and must be obtained through our diet. Use daily as part of your normal diet and supplement program.

**EFFECTIV**<sup>®</sup>  
www.EfectivNutrition.com

Manufactured and Distributed in the U.K by  
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PROFESSIONAL SERIES

# OMEGA 3 SPORT

100% PURE FISH OIL

300MG EPA/DHA

**EFFECTIV**<sup>®</sup>  
SPORTS NUTRITION

180 SOFTGELS

RECOMMENDED USE: Take 1-3 times daily with meals.

### NUTRITIONAL INFORMATION

Serving Size: 1 Softgel

Servings Per Container 180

|                             | Per 30g serving | %RI* |
|-----------------------------|-----------------|------|
| Fish Oil                    | 1,000mg         | **   |
| Of which:                   |                 |      |
| Eicosapentaenoic acid (EPA) | 180mg           | **   |
| Docosahexaenoic acid (DHA)  | 120mg           | **   |
| Total Omega 3 Fatty Acids   | 350mg           | **   |
| Vitamin E                   | 5mg α-TE        | 41%  |

\*RI = Reference intake

\*\* No Established RI

INGREDIENTS: Fish Oil, Softgel Capsule (Gelatine, Glycerine, Purified Water), dl-Alpha Tocopheryl Acetate, Antioxidant (Mixed tocopherols).

ALLERGY ADVICE: For Allergens See Ingredients in **Bold**.

Protect from heat, light and moisture. Do not purchase if seal is broken. Do not exceed recommended intake. Do not use as a substitute for a varied and balanced diet and a healthy lifestyle. Store in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.

FOOD SUPPLEMENT WITH FISH OIL

BEST BEFORE DATE & BATCH NUMBER SEE BASE