

UK & EU Food Supplement Label
Oceans 3 - Beyond Omega-3 (60 Softgels)

Food Supplement

Manufactured in the USA by: Garden of Life LLC 4200 Northcorp Parkway-
Palm Beach Gardens, FL 33410 USA, www.gardenoflife.com

Suggested Use: Adults take 2 softgels daily. Best taken with meals and at least 8 ounces of water. Not intended for children. Softgels are enhanced with a natural strawberry flavor. To preserve freshness, immediately refrigerate after opening.

Advanced Usage: Adults may increase gradually to 2 softgels three times daily (6 softgels per day).

Nutrition Information

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	% NRV
Calories 15	
Calories from Fat 15	
Total Fat 2 g	3% ¹
OmegaXanthin® Blend 2 g	+
Total Omega-3s 1.3 g	
EPA (Eicosapentaenoic Acid) 675 mg	
DHA (Docosahexaenoic Acid) 450 mg	
Other Omega-3s 150 mg	
Natural Astaxanthin (standardized to min. 4 mg, in safflower oil) 80 mg	
Concentrated Fucoxanthin 30 mg	

¹ Percent Nutrient Reference Value are based on 2,000 calorie diet.

+ Nutrient Reference Value not established

Ingredients: Gelatin (bovine), vegetable glycerin, purified deep sea fish oil (anchovies, sardines and mackerel with natural mixed tocopherols), beeswax, beta-carotene, natural strawberry flavor, silicon dioxide, Non-GMO soy lecithin.

CAUTION: Your diet or health situation may benefit from the advanced use of this product. Check with your healthcare practitioner to determine your needs. As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, allergic to iodine, use blood thinners, anticipate surgery or are under medical supervision.

Store in a cool, dry place. Do not exceed the recommended daily dose. Do not use if safety seal is broken or missing. Do not use as a substitute for a balanced and varied diet and a healthy lifestyle. **KEEP OUT OF REACH OF CHILDREN. Best Before Date** – See product outer packaging



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