

**UK & EU Food Supplement Label**  
**Oceans 3 - Healthy Hormones (90 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 3 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:** Increase gradually to 3 softgels three times daily (9 softgels per day).

**Nutrition Information**

Serving Size 3 Softgels  
Servings Per Container 30

Amount Per Serving		% NRV
Calories	15	
Calories from Fat 15		
Total Fat	1.5 g	2% <sup>1</sup>
Vitamin A* (50% as beta-carotene)	180 µg RE	23%
Vitamin D*	12.5 µg	250%
Vitamin E*	10.05 mg α-TE	84%
Vitamin K*	15 µg	20%
Thiamin* (Vitamin B <sub>1</sub> )	1.5 mg	136%
Vitamin B <sub>12</sub> *	100 µg	4000%
<b>OmegaXanthin® Blend</b>	1.1 g	+
Total Omega-3s 1 g		
EPA (Eicosapentaenoic Acid) 525 mg		
DHA (Docosahexaenoic Acid) 350 mg		
Other Omega-3s 125 mg		
Natural Astaxanthin (standardized to min. 4 mg, in safflower oil) 80 mg		
Concentrated Fucoxanthin 1 mg		
<b>Healthy Hormones® Botanical Blend</b>	422 mg	+
Ashwagandha extract ( <i>Withania somnifera</i> root and leaf) 189 mg		
Lifenol® Wild Hops extract ( <i>Humulus lupulus</i> ) 120 mg		
Amla Berry ( <i>Phyllanthus emblica</i> ) 113 mg		

<sup>1</sup> Percent Nutrient Reference Value are based on 2,000 calorie diet.  
+ Nutrient Reference Value not established

Ingredients: Purified deep sea fish oil (anchovies and sardines), gelatin, glycerin, beeswax, beta-carotene, natural strawberry flavoring, soy lecithin.

\* As RAW Food-Created Nutrients™

**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 food 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.

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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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