

PRODUCT INFO

IT'S VITAL™ OMEGA-3 ESSENTIAL FATTY ACIDS

30 Softgel Capsules

Boost heart health, keep those joints moving, and reclaim that youthful glow with the triple strength blend of DHA and EPA fatty acids of It's Vital Omega-3.† Along with superior strength, fish oil-derived fatty acids, It's Vital Omega-3 also adds a purifying rosemary-based antioxidant blend to fight the effects of free radicals—all in an easy-to-swallow softgel with a hint of lemon flavor.†

- Support heart health by helping to maintain healthy cholesterol and triglyceride levels already within normal range†
- Promote healthy joint movement†
- Boost your mood and support healthy brain function†
- Nourish skin, hair, and nails for a youthful glow†
- Fight free radicals with rosemary-based antioxidants†
- Lemon-flavored softgel that's easy to swallow



SUPPLEMENT FACTS

Supplement Facts

Serving Size: 1 Softgel Capsule

Servings per Container: 30

	Amount per Serving	%DV
Calories	15	
Calories from Fat	10	
Total Fat	1.5 g.....	2%*
Cholesterol	<5 mg.....	1%*
Fish Oil Concentrate	1,250 mg.....	**
Omega-3 fatty acids (800 mg)		
EPA - eicosapentaenoic acid (390 mg)		
DHA - docosahexaenoic acid (300 mg)		
Other Omega-3 fatty acids (75 mg)		

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

** Daily Value (DV) not established.

Other Ingredients: Capsule (gelatin, glycerin, and purified water), proprietary antioxidant blend (consisting of rosemary extract and natural tocopherols) and natural lemon flavor.

Contains: Fish (sardines, anchovies).

SUGGESTED USE

Adults take 1 softgel capsule daily with food as a dietary supplement. For best results, take with first meal of the day. Drink at least 8 glasses of water daily.



†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



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IT'S VITAL™ OMEGA-3 ESSENTIAL FATTY ACIDS

FREQUENTLY ASKED QUESTIONS

What is It's Vital Omega-3?

It's Vital Omega-3 is triple strength support for your heart with triple strength fish oil-derived DHA and EPA fatty acids.† These fatty acids are important to your overall health inside and out, helping to maintain healthy cholesterol levels already within a normal range, healthy joint movement and motion, supporting healthy brain function and promoting positive mood, and nourishing and moisturizing your skin, hair, and nails.† The natural, rosemary-based antioxidant blend counters the effects of free radicals.†

What is the source of the fish oil found in It's Vital Omega-3?

The fish oil found in It's Vital Omega-3 comes from sardines and anchovies, fatty fish that are rich in omega-3 fatty acids.

Why did you choose a fish-based omega-3 supplement rather than using plant-based sources?

The omega-3 fatty acids from fish oil (DHA and EPA) are different from the fatty acids found in flaxseed and other plant sources (ALA). While both are beneficial to your health, the plant-based fatty acids do not provide the same health benefits as fish oil-based EPA and DHA.

Will I experience a fishy aftertaste or excess belching with It's Vital Omega-3?

The lemon flavor and rosemary-based antioxidant blend give It's Vital Omega-3 a pleasant taste and help to reduce or eliminate any fishy aftertaste and burps that can sometimes occur with omega-3 fish oil supplements.

Can I take It's Vital Omega-3 with other supplements?

We recommend that you not take It's Vital Omega-3 within an hour or two of taking Advanced Formula Fat Fighter™ as Fat Fighter could decrease the benefits and effectiveness of the triple strength fatty acids.

Is this the same It's Vital Omega-3 that is in the It's Vital™ Complete Nutrition Pack?

It's Vital Omega-3 is available for individual purchase or as a part of the It's Vital Complete Nutrition Pack, which gives you a premeasured, daily packet containing It's Vital Omega-3, It's Vital™ Minerals, and It's Vital™ Core Nutrition. It's Vital Complete Nutrition Pack meets all of your daily vital nutrition needs by combining the essential nutrients and vitamins of It's Vital Core Nutrition and the bone-boosting, superior calcium absorption of It's Vital Minerals with It's Vital Omega-3's triple strength support for your heart health into one convenient pack.†

What is the recommended dosage for It's Vital Omega-3?

Take one easy-to-swallow softgel capsule daily. To experience best results, we recommend you take It's Vital Omega-3 with your first meal of the day.

Is It's Vital Omega-3 safe for me to use if I am pregnant, nursing or have an ongoing medical condition?

Before using any new product, whether a nutritional supplement, topical cream or treatment, or any other item, you should always consult your physician to find out if it is safe for you.

Can I give It's Vital Omega-3 to my children?

All It Works! products are recommended only for adults 18 years old or older.



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