

## PRODUCT INFO

# IT'S VITAL™ OMEGA-3 SOURCE OF OMEGA-3 FATTY ACIDS

Get superior support for your health with this triple strength blend of fish oil-derived DHA and EPA fatty acids.

- Excellent source of omega-3 fatty acid
- Support for the maintenance of good overall health
- Lemon-flavoured softgel that's easy to swallow

30 Softgel Capsules



## MEDICINAL INGREDIENTS

Each capsule contains: / Chaque capsule contient : Medicinal Ingredient: / Ingrédient médicinal :	Amount / Teneur
Fish oil (Engraulidae and Clupeidae, whole, 410 mg eicosapentaenoic acid, 312 mg docosahexaenoic acid) / Huile de poisson (Engraulidae et Clupeidae entier, 410 mg acide eicosapentaénoïque, 312 mg acide docosa- hexaénoïque)	1250 mg

## DIRECTIONS

Adults: Take one capsule one time per day.

## NON-MEDICINAL INGREDIENTS

Vitamin E, lemon essential oil, rosemary essential oil.



# 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 maintain healthy cholesterol levels, healthy joint movement and motion by supporting your body's ability to combat minor inflammation, 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 and helps promote healthy cell growth.

### 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 Formula FF as Formula FF 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.

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

It's Vital Omega-3 is designed for adult use and is not recommended for children. Always consult your pediatrician before giving any supplements to children.

### 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.

### Can I take It's Vital Omega-3 if I am pregnant or nursing?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.