

LITTLE FISH OIL™

PRODUCT INFO SHEET

Description

Balanced EPA/DHA formula for cardiovascular health.

Ingredients

EPA (eicosapentanoic acid) and DHA (docosahexanoic acid) are two omega-3 fatty acids found in fish and fish oil supplements. There have been numerous clinical trials and studies performed on the health benefits of EPA and DHA. To date, omega-3 fatty acids have been shown to prevent primary and secondary cardiovascular events, reduce triglycerides, improve hypertension, and help improve issues associated with Metabolic Syndrome. They have also shown to be effective anti-inflammatory agents and have beneficial effects on mood disorders.

Several reports suggest that maternal supplementation of fish oils or DHA alone during the third trimester and while breast-feeding can improve cognitive development in newborns, and improve sleep patterns. School aged children have also been shown to have increased mood and concentration when supplemented with omega-3 fatty acids.

The American Heart Association recommends patients with documented Coronary Heart Disease (CHD) consume about 1 gram of EPA + DHA per day, preferably from fatty fish, while patients who need to lower triglycerides consume 2-4 grams of EPA + DHA per day provided as a dietary supplement under a physician's care. The FDA has also recognized the importance of omega-3 fatty acids like EPA and DHA, and allows the following health claim to be placed on fish oil products: "Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease."

One serving of **Little Fish Oil** provides 0.72 grams of EPA and DHA omega-3 fatty acids".

Dosage

SUGGESTED USE: As a dietary supplement, 1 soft gel capsule per day or as recommended by your health care professional.

Contraindications

Persons with allergies to fish should use caution. High doses may cause gastrointestinal disturbances. If you are pregnant or nursing, consult your physician.

Supplement Facts

Serving Size: 1 Soft Gel Capsule

Servings Per Container: 60

	Amount Per	%
1 soft gel contains	Serving	Daily Value
EPA	420 mg	*
DHA	300 mg	*

* % Daily Value not established

Ingredients: Purified Marine Triglyceride Concentrate, Vitamin E Mixed Tocopherols, Gelatin, Glycerin and Purified Water.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.

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