

**SUGGESTED USE** Consume two capsules daily or as recommended by a health care professional. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

**UNSURPASSED.**  
Purity. Quality. Integrity. Effectiveness.



*Andrew Lessman*  
Andrew Lessman  
Founder of ProCAPS LABS

**THIS PRODUCT IS ONLY AVAILABLE FROM**



**800.944.9999**  
WWW.HSN.COM



**800.800.1200**  
PROCAPSLABS.COM

# ESSENTIAL OMEGA-3™

HIGH CONCENTRATE OF DHA AND EPA  
FREE OF MERCURY AND CONTAMINANTS



**PROCAPS**  
LABORATORIES

**ALL-SOLAR**  
MANUFACTURING

360 Easy-to-Swallow Capsules

**Andrew Lessman's ESSENTIAL OMEGA-3** is our ultra-pure, highly concentrated blend of Omega-3 oils. Our Omega-3s exist in their most active, natural triglyceride form and NOT as inferior ethyl esters. Omega-3s are absolutely essential for our good health, yet they cannot be made by the body, so their benefits are only available from cold-water fish or a formula like **Essential Omega-3**. Research has shown that diets rich in Omega-3 oils are associated with superior heart, brain, circulatory and general health; yet sadly, the American diet delivers alarmingly low levels of these precious fatty acids. Our **Essential Omega-3** is a uniquely concentrated source of both fish and flaxseed oils, delivering exceptional levels of **DHA** (Docosahexaenoic Acid) and **EPA** (Eicosapentaenoic Acid), as well as **DPA** (Docosapentaenoic Acid). Typical Omega-3 formulas focus on EPA, which is less costly to provide, whereas our Omega-3s target vital **DHA**, which is essential for brain and eye function. In fact, the highest functioning areas of the brain and the most critical parts of the eye (macula and retina) contain and require ultra-high levels of DHA. Although fish oil supplements have long been praised for their countless health benefits, they are equally well-known for their potential contaminants; however, our **Essential Omega-3** allows you to enjoy all the benefits of fish oil with NO mercury, NO contaminants and NO stomach upset.

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.

**CONTAINS NO** Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, color, preservative or manufacturing additives.

**CONTAINS NO ADDITIVES OF ANY KIND.**

## Supplement Facts

Serving Size 2 Softgels	Servings Per Container 180
Amount Per Serving	%DV*
<b>Calories 15</b>	Calories from Fat 15
<b>Total Fat 1.5 g</b>	<b>2%</b>
<b>Cholesterol less than 5 mg</b>	<b>1%</b>
<b>Fish Oil</b> (anchovy, mackerel, menhaden, sardine, tuna)	<b>1,150 mg †</b>
<b>Total Omega-3 Fatty Acids</b>	<b>830 mg †</b>
DHA-Docosahexaenoic Acid (Omega-3)	350 mg
EPA-Eicosapentaenoic Acid (Omega-3)	280 mg
DPA-Docosapentaenoic Acid (Omega-3)	50 mg
Other Omega-3 Fatty Acids	50 mg
alpha-Linolenic Acid (Omega-3)(from flaxseed oil)	100 mg †

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

† Daily Value not established.

Other Ingredients: Soft-gelatin capsule (Gelatin, purified water, glycerin).