

SUGGESTED USE Consume one or more capsules daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**

FOR OVER 40 YEARS

Unsurpassed Purity, Quality and Efficacy

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT

*We Remain Uniquely Committed
to You and the Planet.*

You have my unwavering Promise.

PROCAPS



Andrew Lessman, Founder

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ANDREW LESSMAN

PROCAPS



ESSENTIAL OMEGA-3™

Free of Mercury and Contaminants

Concentrate of DHA and EPA



Dietary Supplement | **180** Easy-to-Swallow Capsules

Andrew Lessman's ESSENTIAL OMEGA-3 is our high potency blend of ultra-pure Omega-3s. Our Omega-3s exist in their most active, natural triglyceride form and not as inferior, synthetic ethyl esters. Omega-3s are required for the structure, function and health of all body systems and since they cannot be made by the body, their benefits are only available from cold-water fish or a quality Omega-3 supplement. Research has shown that diets rich in Omega-3s are associated with superior heart, brain, eye, circulatory and general health; yet the American diet delivers alarmingly low levels of these precious fats. Essential Omega-3 delivers a concentrated, but mild blend of DHA (Docosahexaenoic Acid), EPA (Eicosapentaenoic Acid) and DPA (Docosapentaenoic Acid), as well as SDA (Stearidonic Acid) from Ahiflower® Oil – its richest natural source. 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, eye and heart structure and 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. Fish oil supplements have long been praised for their myriad health benefits, but they are also criticized for their potential contaminants; however, **Essential Omega-3** allows you to enjoy all the benefits of fish oil without the contaminants or stomach upset.

Ahiflower® is a registered trademark of Technology Crops, LLC.

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 ADDITIVES OF ANY KIND

Supplement Facts

Serving Size 2 Softgels	Servings Per Container 90
Amount Per Serving	%DV*
Calories 10	
Total Fat 1 g	1%
Cholesterol less than 5 mg	2%
Fish Oil (anchovy, mackerel, menhaden, sardine, tuna)	970 mg †
Total Omega-3 Fatty Acids >800 mg	
DHA - Docosahexaenoic Acid (Omega-3)	400 mg
EPA - Eicosapentaenoic Acid (Omega-3)	280 mg
DPA - Docosapentaenoic Acid (Omega-3)	40 mg
ALA - Alpha-Linolenic Acid (Omega-3) (from B. arvensis seed, Ahiflower® oil)	55 - 65 mg †
SDA - Stearidonic Acid (Omega-3) (from B. arvensis seed, Ahiflower® oil)	24 - 30 mg †
Other Omega-3 Fatty Acids	40 mg
GLA - Gamma-Linolenic Acid (Omega-6) (from B. arvensis seed, Ahiflower® oil)	6 mg †

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value not established.

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

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