

# Essential Omegas

## (Fish Oil and Borage Oil Complex)

### Nutritional Information per Capsule

Fish Oil	<b>Amount</b>
Providing 150mg EPA and 100mg DHA	757mg
Borage Oil	
Providing 50mg GLA	250mg
<b>Non-active Ingredients:</b>	
Lemon oil, rosemary extract & ascorbyl palmitate	
<b>Capsule:</b>	
Carrageenan, disodium phosphate, glycerine, lecithin & modified corn starch	

### Nutritional Information per Daily Intake (2 Capsules)

Fish Oil	<b>Amount</b>
Providing 300mg EPA and 200mg DHA	1514mg
Borage Oil	
Providing 100mg GLA	500mg
<b>Ingredients</b>	
Fish oil <sup>1</sup> , epax fish oil preparation (containing fish oil <sup>1</sup> and mixed tocopherols <sup>2</sup> ), capsule (carrageenan, disodium phosphate, glycerine, lecithin <sup>2</sup> , and modified corn starch), borage oil, dl-alpha-tocopheryl acetate, lemon oil, rosemary extract, ascorbyl palmitate	

### Recommended Intake

2 capsules daily with food, or as professionally directed.

### Allergen Information

<sup>1</sup> From fish

<sup>2</sup> From soya

### Contraindications

If you are under medical supervision, please consult a doctor before use. Caution is advised with anticoagulant medication such as heparin, warfarin or coumadin.