

Omega-3 Softgel

Omega-3 is an essential fatty acid required by the body that should be supplied through diet or supplements. This product contains fish oil rich in Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA) and helps maintain cardiovascular health, maintain normal blood lipid levels, and support overall health. Also, EPA and DHA play a role in maintaining the body's natural inflammatory balance and help provide the body's daily need for omega-3 fatty acids.

Contents

- Each pack contains 30 softgels.
- Each softgel contains 1000 mg fish oil, including 180 mg EPA and 120 mg DHA.

Other Ingredients

- Gelatin, glycerin, sorbitol, and Vitamin E.

Indications

- Helps reduce cholesterol, supports cardiovascular health, and helps reduce inflammation.

Directions

- Take 1-2 softgels daily with a meal or as directed by your physician.

Warnings and Precautions

- If you are allergic to fish or any of the ingredients, do not use this product.
- During pregnancy and breastfeeding, if you have any underlying medical conditions, or if you are taking anticoagulant and antiplatelet medications, consult your physician or pharmacist before use.
- Do not exceed the recommended dose.
- Keep out of reach of children.

Side Effects

Omega-3 supplements are generally safe. However, some individuals may experience mild gastrointestinal side effects such as heartburn or diarrhea. Taking more than the recommended dose may increase the risk of bleeding. If any unusual side effects occur, consult your physician or pharmacist.

Storage

- Store below 25°C in a dry place, protected from direct light, heat, and moisture.

This product is only a dietary supplement and is not intended for diagnosis, treatment, or prevention of diseases.



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