



Highly concentrated  
**omega-3 fish oil** to help  
maintain **heart, brain, joint,**  
**skin and eye function**

## KEY BENEFITS

- ✓ Helps maintain normal joint function and improve joint mobility in mild arthritis
- ✓ May support healthy blood lipid levels in healthy individuals
- ✓ Helps maintain cardiovascular health and normal blood pressure in healthy people
- ✓ May assist in the management of dry skin and support skin elasticity and integrity
- ✓ Supports brain function and healthy mood
- ✓ Helps maintain eye health and vision

## PRODUCT FEATURES

- ✓ Enterically coated, low reflux
- ✓ Contains fish oil sourced sustainably as certified by Friends of the Sea – a leading international certification organisation for sustainable fisheries and aquaculture
- ✓ With natural astaxanthin for antioxidant activity

## ACTIVE INGREDIENTS

Each enteric-coated capsule contains:

Concentrated fish omega-3 triglycerides (VivoMega <sup>®</sup> TG90)	1.25g
Total omega-3 marine fatty acids	775mg
equiv. to eicosapentaenoic acid (EPA)	512.5mg
equiv. to docosahexaenoic acid (DHA)	262.5mg
Astaxanthin esters (from Haematococcus pluvialis microalgae)	2 mg
equiv. to astaxanthin	200micrograms

NO artificial colours, preservatives, gluten, wheat, added yeast, nuts and dairy.

Soft gel capsule 24mm



## DOSAGE

Adults: Take 1 or 2 capsules once or twice daily.

Child 6-12 years: Take 1 capsule once or twice daily.

## CAUTIONS/CONTRAINDICATIONS

- During pregnancy, always consult with a qualified health practitioner before taking nutritional supplements.

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

## BACKGROUND INFORMATION

### OMEGA 3 FATTY ACIDS

The omega-3 fatty acids include alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). These are long-chain, polyunsaturated fatty acids.

Omega-3 fatty acids have been established as essential for optimum tissue formation. ALA is found in plant products; EPA and DHA are obtained from fish. ALA is converted in the human body to EPA and DHA, however the conversion is very low. In healthy individuals, only 5-10% of ALA is converted to EPA and 2-5% of ALA is converted to DHA. (IM Gateway)

According to the results of an analysis from the 2011–2012 National Nutrition and Physical Activity Survey, up to 80% of Australians are not meeting the recommended intakes for omega-3 fatty acids.

One of the best sources of EPA & DHA are oily fish such as salmon, sardines, mackerel and anchovies. A supplementation with fish oils may be indicated in cases of insufficient dietary fish intake.

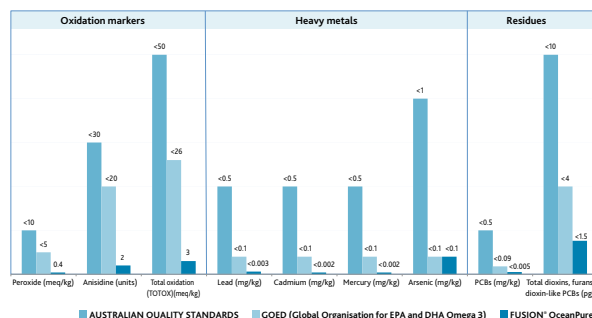
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Ph: 1800 550 103

## FISH OIL QUALITY AND PURITY STANDARDS

Our OceanPure<sup>®</sup> Fish Oil is sourced from fisheries certified as sustainable by Friend of the Sea, using small fish such as sardines, chub mackerel and anchovies. It's also tested for mercury, dioxin and PCBs (polychlorinated biphenyls).



## WHAT IS ASTAXANTHIN?

Astaxanthin is a reddish pigment that belongs to the group of chemicals called carotenoids. It occurs naturally in certain algae, some fish and other seafood. Astaxanthin has antioxidant activity 100 times greater than vitamin E, and 10 times greater than lutein, zeaxanthin, beta-carotene or canthaxanthin. The astaxanthin in OceanPure<sup>®</sup> Fish Oil is sourced from haematococcus pluvialis microalgae.

## COMPANION PRODUCTS

**Pain & Inflammation** - Herbal pain relief and anti-inflammatory formula.



**Cardio Tonic** - With herbs used to support heart health in traditional Chinese and Ayurvedic medicine, plus vitamin K2.

