

Supplement Facts

Serving Size 1 Softgel (1,448 mg)

| Amount Per Serving | Amount | Calories |
|-----------------------|----------|----------|
| Total Calories | | 11.09 |
| Total Fat | 1,026 mg | 9.23 |
| Protein | 318 mg | 0.58 |

| | | % Daily Value |
|------------------------------|--------|---------------|
| Vitamin E D-alpha-tocopherol | 5 IU | 16% |
| EPA | 180 mg | * |
| DHA | 120 mg | * |

*% Daily Value not established

Ingredients: Marine Lipid Concentrate 30 A% TG, Gelatin, Glycerin, Purified Water, Vitamin E D-Alpha-Tocopherol



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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



OMEGA COMPLEX

*DHA-EPA Omega 3 Essential
Fatty Acids with Vitamin E*

270 Softgels

Recent studies have found a diet high in omega-3 fatty acids to be an independent predictor of lower scores on measurements of hostility, including cynicism, mistrust of others, anger and aggression. They have also been shown to be useful in the treatment of manic depression, high-blood pressure, abnormal blood clotting (sticky platelets), poor cell integrity, water retention, inflammation, and high cholesterol*

Directions for Use: Adults take 3 softgels daily. For greater bioavailability, combine with biotin, calcium, magnesium, and potassium.

CAUTION: EPA and DHA have been shown to inhibit abnormal clotting within blood vessels (thrombosis). Most ischemic heart attacks and strokes are caused by abnormal arterial blood clots, so consuming these fatty acids may help protect against these types of cardiovascular diseases. However, those taking anti-coagulant drugs like Coumadin (warfarin) should inform their doctor that they are taking EPA or DHA supplements. The physician may want to adjust the dose of anti-coagulant medication based on blood tests that measure coagulation factors such as prothrombin (PT). Since EPA and DHA interfere with blood clotting, those who suffer from any type of hemorrhagic disease related to excessive bleeding or blood vessel leakage should consult their physician.*