

# Product Information Sheet



Fatty Acids

## **Eskimo-3 Liquid** **Stable Fish Oil**

Eskimo-3 is a unique stable fish oil supplement containing a healthy balance of the omega-3 fatty acids, EPA and DHA. Omega-3 fatty acids have been well studied for their role in the support of many systems in the body, including heart, musculo-skeletal, cognitive and skin health.

### **Ingredients:**

#### **One 5ml teaspoon typically contains:**

Omega-3 fatty acids	1,500 mg
Providing:	
EPA (eicosapentaenoic acid)	750 mg
DHA (docosahexaenoic acid)	500 mg
Vitamin E (mixed tocopherols)	14 mg

#### **Other ingredients:**

Ascorbic acid  
Lecithin  
Lemon oil

### **Features:**

Eskimo-3 is made from oily fish living in the deep seas of the Antarctic and South Atlantic.

Eskimo-3 contains the important omega-3 fatty acids EPA and DHA in an optimal concentration, enriched with antioxidants, which increase its stability.

The oil in Eskimo-3 has been purified to reduce environmental toxins such as mercury and pesticides, PCBs and DDT, to well below the current acceptable levels. This has been confirmed in independent studies.

Eskimo-3 has not been chemically modified.

Eskimo-3 has no fish odour or aftertaste due to its stability. Fish oils that smell and have an aftertaste have usually oxidised.

Pleasant lemon flavour.

### **Recommendation:**

1 teaspoon (5ml) daily with food, or as directed.  
After opening store in refrigerator and use within 6 months.

### **Caution:**

Not recommended for haemophiliacs. Consult with a medical doctor if on anti-coagulant medication.

### **Contains ingredients derived from:**

Soy (oil)  
Fish (oil)

**Product Code:** 3302

**Package Size:** 105ml

**Product Code:** 3308

**Package Size:** 210ml