



NATURE'S SUNSHINE

Super Omega 3 EPA

GOOD FOR

Cardiovascular system

Heart

Hair, Skin & Nails (Integumentary)

SIZE **60 Capsules**ITEM # **1515**SERVING **1**SUPPLY **20 days**

DIRECTIONS FOR USE Take 1 softgel with a meal three times daily.

— How the Key Ingredients Work

Super Omega 3 EPA brings together the most trusted omega-3 fatty acids from fish oil — EPA, DHA, and the natural goodness of lemon — into one clean, easy-to-take formula. Together these ingredients work to help your body manage inflammation, support a healthy heart, and keep your mind feeling balanced day after day.

Fish Oil — The foundation of this formula, fish oil is nature's richest source of the omega-3 fatty acids your body craves but can't make on its own. Sourced from oily fish, it delivers a concentrated dose of EPA and DHA that research links to healthier triglyceride levels, better circulation, and a calmer inflammatory response throughout the body.

Eicosapentaenoic Acid (EPA) — EPA is the star omega-3 in this formula. It helps keep your arteries flexible and clear, supports healthy blood flow, and helps the body dial back the kind of low-grade inflammation that can wear on your joints and heart over time. Studies also suggest EPA plays a meaningful role in supporting a calmer, more balanced mood.

Docosahexaenoic Acid (DHA) — DHA is a long-chain omega-3 that your brain, eyes, and nervous system rely on every single day. It helps support healthy arteries, encourages normal platelet activity, and works alongside EPA to reduce markers of oxidative stress in the body — keeping your cells better protected from everyday wear and tear.

Lemon — Lemon extract is added here for more than just freshness. Rich in vitamin C and natural citrus flavonoids, lemon brings its own antioxidant power to the formula, helping to protect cells from oxidative damage. Its natural compounds also support a healthy inflammatory response and may help ease feelings of everyday stress and tension.

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