



NATURE'S SUNSHINE

Super Omega 3 EPA

GOOD FOR

Cardiovascular system

Heart

Brain

SIZE **180 capsules**

ITEM # **21909**

SERVING **1**

SUPPLY **60 days**

DIRECTIONS FOR USE Take 1 softgel capsule 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 a touch of lemon — into one clean, concentrated formula. Together these nutrients help your body manage inflammation, support a healthy heart, and keep your mind and joints feeling their best.

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 easily make on its own. Research shows it helps keep triglyceride levels in a healthy range, supports normal blood pressure, and helps reduce the kind of low-grade inflammation that can wear on your joints and arteries over time.

EPA (Eicosapentaenoic Acid) — EPA is the star omega-3 in this formula and one of the most researched nutrients for heart and joint health. It helps keep blood flowing smoothly by supporting healthy platelet activity, assists in maintaining flexible, clear arteries, and helps dial down inflammation in joints — making it a go-to for anyone dealing with stiffness or discomfort. Studies also suggest EPA may help support a calmer, more balanced mood.

DHA (Docosahexaenoic Acid) — DHA is a long-chain omega-3 that your brain, eyes, and nervous system rely on every single day. It helps support healthy arteries by encouraging normal endothelial function and healthy platelet behavior, and higher levels of DHA in the body have been linked to better heart rhythm health. DHA also contributes to the body's natural defenses against oxidative stress, helping protect cells from everyday wear and tear.

Lemon — A small but thoughtful addition to this formula, lemon provides natural vitamin C and plant flavonoids that bring their own antioxidant power to the table. Vitamin C helps the body absorb iron more efficiently, supports collagen production for healthy joints, and works alongside the omega-3s to help keep inflammation in check. The lemon also gives the softgels a fresh, clean taste that makes them easier to take every day.