

# Mega EPA 1000

## (fish oil concentrate)

### Ingredients typically per marine capsule

Fish Oil Concentrate	1000mg
<i>(providing 310mg EPA &amp; 210mg DHA with soya oil)</i>	
Lecithin (with soya oil)	50mg
<b>Non-active Ingredients:</b>	
Natural Mixed Tocopherols (with sunflower oil)	
<b>Capsule:</b>	
	Fish Gelatin, Glycerol, Titanium Dioxide (with Glycerol) & Natural Chlorophyll (Copper Chlorophyllin with grapeseed oil)

### Nutritional Information per Daily Intake (2 capsules)

Fish Oil Concentrate	2000mg
<i>(providing 620mg EPA &amp; 420mg DHA)</i>	
Lecithin (soya)	100mg
Natural Mixed Tocopherols	2mg
<b>Ingredients:</b>	
Fish Oil Concentrate <sup>1</sup> , Marine Capsule (Fish Gelatin <sup>1</sup> , Glycerol & Colours (Titanium Dioxide & Copper Chlorophyll)), Lecithin <sup>2</sup> , Soya Oil <sup>2</sup> , Grapeseed Oil, Natural Mixed Tocopherols <sup>2</sup> , Sunflower Oil.	

### Recommended Intake

Two capsules taken daily with food or as professionally directed.

### Allergen Information

<sup>1</sup> From Fish      <sup>2</sup> From Soya

### Contra-indications

Not suitable for individuals taking anti-blood clotting drugs such as Warfarin, Coumarin and Heparin.

### Suggested Combinations

One A Day Plus, OptiZinc, Cholesterase, Garlic Plus & Boswellia Plus.