

**OMEGA 3 FATTY ACIDS** offers a concentrated and purified source of omega-3 fatty acids from sustainable, cold-water fish. Each softgel delivers a total of 430 mg EPA and 290 mg DHA.

**Directions:** Take 2 softgels 1-2 times daily with food or as directed by your healthcare practitioner.

**This product is non-GMO.**

**Caution:** Consult your healthcare practitioner if pregnant, nursing, or taking medications. Keep out of the reach of children.

**Tamper Evident:** Do not use if safety seal is missing or broken.

**Storage:** Keep tightly closed in a cool, dry place.

\* 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.



blum<sup>TM</sup>  
HEALTHMD

ESSENTIALS

OMEGA 3  
FATTY ACIDS

OMEGA-3 SUPPLEMENT  
120 SOFTGELS

## Supplement Facts

Serving Size 2 Softgels

Servings Per Container 60

	Amount Per Serving	% Daily Value
Calories	25	
Total Fat	2.5 g	3%**
Cholesterol	5 mg	2%
Marine Lipid Concentrate	2.5 g	***
EPA (Eicosapentaenoic acid)	860 mg	***
DHA (Docosahexaenoic acid)	580 mg	***
Other Omega-3 Fatty Acids	160 mg	***

\*\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*\*Daily Value not established.

Ingredients: Marine lipid concentrate [fish (sardine, anchovy, and mackerel) oil], softgel shell (gelatin, glycerin, water), contains 2 percent or less of natural lemon flavor, natural lime flavor, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant).

**Contains: Fish (sardine, anchovy, and mackerel).**

**DISTRIBUTED BY: BCH**

**34 RYE RIDGE PLAZA, RYE BROOK, NY 10573**

**WWW.BLUMHEALTHMD.COM**

**To report adverse events call 866-649-4334.**