

OMEGAPOWER — omega-3

38% EPA, 25% DHA. The two numbers worth checking on any fish oil label.

INTB050

In short

- 38% EPA and 25% DHA — the two main omega-3 fatty acids
- VIVACORE™ complex
- 90 softgels of 1450 mg, 130.5 g net
- Contains fish
- Gluten-free and lactose-free

How to use it

3 softgels a day, swallowed whole with water, after meals.

Worth knowing before you buy

- At 3 a day, a jar of 90 lasts a month.
- 3 softgels give 900 mg EPA, 600 mg DHA, 30 mg coenzyme Q10 and 24 mg vitamin E (200% of the daily reference value).
- Keep out of reach of children under 3.
- Contains fish (Peruvian anchovy) and soy (soy lecithin).
- The capsule is gelatin and the formula has beeswax — not suitable for vegetarians.
- The oil is in triglyceride form. The capsule also carries coenzyme Q10, vitamin E and lycopene from tomato.

Full ingredient list

VIVACORE™ fish oil standardised in omega-3 fatty acids; capsule: gelatin, glycerol, iron oxides and hydroxides, water; sunflower seed oil; beeswax; coenzyme Q10; vitamin E (D-alpha-tocopherol in sunflower oil); lycopene (oily tomato extract); soy lecithin.