Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

For presentation to the UK market

**FRONT LABEL**

Omega 3 Fish Oil 1000mg

**Fish Oil is HIGH IN OMEGA-3 FATTY ACIDS and provides both DHA & EPA.**

DHA contributes to maintenance of normal brain function & normal vision. EPA and DHA contribute to the normal function of the heart.\*

Food Supplement

1000mg x 90 Soft Gels

**BACK LABEL**

**Directions:**

Adults, take 1-3 soft gels daily with food and water.  
Do not exceed recommended daily dose.

**\***

* Brain function: The beneficial effect is obtained with a daily intake of 250 mg of DHA (3 softgels).
* Vision: The beneficial effect is obtained with a daily intake of 250 mg of DHA (3 softgels).
* Heart: The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA (1 softgel).

**Product Information:**   
*One softgel typically provides:*

|  |  |
| --- | --- |
|  |  |
| Fish Oil | 1000mg |
| *providing* |  |
| *Eicosapentaenoic Acid (EPA)* | *180mg* |
| *Docosahexaenoic Acid (DHA* | *120mg* |

**Ingredients:**

**Fish** Oil, Capsule Shell (Gelatin, Glycerine), Antioxidant: Vitamin E as Dl Alpha Tocopherol Acetate.

**Allergy Advice**: For allergens see ingredients in **bold**. Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Not suitable for vegetarians.

**Storage:**

For best before end and batch number see base.

Store in a cool, dry place out of reach of children.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-167$front

Back Label: PL-167$back

**Label Size**

970px x 1655px at 600DPI (that's 84mm x 140mm)