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

For presentation to the UK market

**FRONT LABEL**

Omega 3, 6 & 9(Or own Product Name - take care not to breach legislation with particular regards to claims)

A combination of Fish, Sunflower Seed & Flaxseed Oils

Claims (can appear anywhere on pack). You should include at least one approved health claim on the pack as this helps to justify more generic claims such as "healthy".

**High in Omega-3 Fatty Acids**

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

You can search for other Nutrition & Health Claims approved for use in the UK here https://www.gov.uk/government/publications/great-britain-nutrition-and-health-claims-nhc-register?utm\_medium=email&utm\_campaign=govuk-notifications&utm\_source=f8d61ec9-adf6-459d-bdfe-7aa9674beaec&utm\_content=weekly.

Food Supplement

1000mg x 90 Softgels

**BACK LABEL**

**Directions:**

Adults, take 1-6 softgels daily, preferably with a meal.

Do not exceed recommended daily dose.

**\***

* Brain function: The beneficial effect is obtained with a daily intake of 250 mg of DHA (6 softgels).
* Vision: The beneficial effect is obtained with a daily intake of 250 mg of DHA (6 softgels).
* Heart: The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA (3 softgels).

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

|  |  |  |
| --- | --- | --- |
|  |  | % NRV\* |
| Fish Oil  Sunflower Seed Oil  Flaxseed Oil  *providing:*  *Alpha Linolenic Acid (ALA)*  *Eicosapentaenoic Acid (EPA)   Docosahexaenoic Acid (DHA)*  *Linoleic Acid (LA)   Oleic Acid (OA)*  Vitamin E | 400mg  290mg  300mg  *150mg*  *72mg*  *48mg 181mg*  *44mg*  11mg a-TE | 92 |

\*NRV = Nutrient Reference Value

**Ingredients: Fish** Oil, Softgel Shell: (Bovine Gelatin, Glycerine),Flaxseed Oil, Sunflower Oil, Antioxidant: Vitamin E as DL-Alpha Tocopherol Acetate.

**Allergy Advice**: Please see allergens marked in **bold** in the ingredient list. 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.

**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-168$front

Back Label: PL-168$back

**Label Size**

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