

# BIO-Omega 3-6-9



**Pure and nutritious cod liver oil, rich in essential fatty acids with a soothing peppermint aftertaste for heart, brain, eye and immune health and anti-inflammatory support.**

#### AUST L 144078

**Pack Size:** 250mL Oral Liquid (natural peppermint flavour)

**Recommended Dosage:** Adults – Take 5mL daily or as directed by your healthcare professional.

For anti-inflammatory support – Take 10mL daily or as directed by your healthcare professional.

## Key Features and Benefits:

- High strength cod liver oil, rich in essential fatty acids including EPA and DHA, which are important structural components of all cell membranes throughout the body and support heart, brain, eye and skin health.
- Natural source of vitamin A, which may assist normal visual functioning, support the integrity of skin and mucosal cells of the digestive tract and airway passages and maintain a healthy immune system.
- Valuable source of vitamin D3, which assists the normal development and maintenance of healthy bone through regulating the absorption of calcium.
- May assist in relieving the symptoms of inflammation.
- May help maintain normal cognitive function in healthy individuals.
- Contains cold-pressed, GMO free and certified organic sesame oil, a rich source of omega 6 and 9 that possesses antioxidant activity.
- Naturally flavoured with peppermint oil to reduce the fishy aftertaste and make taking this product a pleasant experience.
- The high quality cod liver oil used in this product is sourced from the pristine Arctic waters off the coast of Norway and undergoes a multistep purification process to remove toxins and preserve its nutritional value.

## Ingredients:

One 5mL serve contains:

Nutritional Information	per 5mL serve	Nutritional Information	per 5mL serve
<b>Cod liver oil</b>	<b>4mL</b>	<b>Sesame oil</b>	<b>1mL</b>
(equiv. to eicosapentaenoic acid – EPA)	388mg		
(equiv. to docosahexaenoic acid – DHA)	400mg		
(equiv. to natural vitamin A)	750 RE		
(equiv. to cholecalciferol - vitamin D3)	8mcg		

When taken in excess of 3000 microgram retinol equivalents, vitamin A can cause birth defects. If you are pregnant or considering becoming pregnant, do not take vitamin A supplements without consulting your health care practitioner. The recommended adult daily amount of vitamin A for from all sources is 700 microgram retinol equivalents for women and 900 microgram retinol equivalents for men.

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional. Vitamin supplements should not replace a balanced diet.

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