



Kids Essentials

Omega-3 Liquid

Omega-3 Liquid Supplementation

Omega-3 Liquid is a delicious, easy-to-swallow purified fish oil supplement. Each dose provides kids with three key fatty acids (EPA, DHA, DPA), which are essential to support a number of bodily processes, including:¹⁻⁴

- Healthy cardiovascular function*
- Healthy immune function*
- Musculoskeletal support*
- Skin vitality*
- Cognitive support*
- Eurofins batch tested for over 450 potential contaminants*
- Triglyceride form

How Omega-3 Liquid Works

Omega-3 fatty acids are essential for optimal health and wellness.* However, the body doesn't produce omega-3s on its own, so they must be obtained through nutrition.

Eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and docosapentaenoic acid (DPA) are naturally found in coldwater fatty fish. Very high concentrations of DPA are also naturally found in human breast milk, implicating its importance in the growth and development of children.*^{5,6}

These fatty acids play critical roles in chemical messaging, cellular structure, and energy metabolism, which are related to supporting healthy immune and nervous system functions as well as heart, bone, and brain health.*¹⁻⁴ Studies in children have shown that omega-3 consumption may help support a healthy mood and cognitive function.*⁷⁻⁹

The addition of DPA in Omega-3 Liquid can improve absorption rates and help the body retain omega-3 fatty acids even better.*⁶

Omega-3 Liquid is also thoroughly tested for 450 pesticides, heavy metals, PCBs, and other potentially noxious chemicals to ensure that it provides the highest potency and purity you'll find in a fish oil supplement on the market today.*

Why Use Omega-3 Liquid?

Omega-3 Liquid is a delicious orange-flavored supplement that even the pickiest of kids will find tasty and easy to swallow.*

The ingredients in Omega-3 Liquid are dosed in a manner that is congruous with what research suggests to be effective and safe for children.*

Research suggests that the ingredients in Omega-3 Liquid may help support the healthy operation of children's cardiovascular, immune, muscular, skeletal, integumentary, and nervous systems.*



Supplement Facts

Form: 200 mL (6.7 fl oz)

Serving Size: 1 Teaspoon (5 mL)

Ingredients:	Amount	%DV*
Calories (energy)	40	
Total Fat	4.5 g	6%*
Saturated Fat	1.5 g	7.5%*
Polyunsaturated Fat	2 g	**
Monounsaturated Fat	1 g	**
Cholesterol	25 mg	8%*
Total Omega-3s as TG	1400 mg	**
EPA (Eicosapentaenoic Acid) as TG	425 mg	**
DHA (Docosahexaenoic Acid) as TG	740 mg	**
DPA (Docosapentaenoic Acid) as TG	60 mg	**
Additional Omega-3s as TG	175 mg	**

Ingredients: Highly refined omega-3 fish oil (from species such as anchovy, sardine, tuna, and mackerel), natural orange flavor, natural mixed tocopherols (from sunflower), monk fruit.

Contains: Fish (Anchovy, Sardine, Tuna, and Mackerel).

Directions: Take one teaspoon (5 mL) once daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

Produced in a cGMP Facility.

Produced in a Pharmaceutically-Licensed Facility.

Product of Norway.

References:

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NON-GMO



GLUTEN-FREE

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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