

Opti³

Complete Omega-3



Opti3 is a 100% natural, high strength EPA and DHA supplement. The unique Opti3 complex provides a balanced blend of 700mg total Omega-3 essential fatty acids per daily dose of 2 capsules.

All of the ingredients in Opti3 are 100% vegetarian and vegan suitable. This includes the capsule itself, which is vegetable-based and gelatin-free. Opti3 is produced under Pharmaceutical quality-controlled conditions

- **Omega-3 EPA & DHA**
- **Maximum EU permitted daily algal DHA dose**
- **100% free from impurities and contaminants**
- **700mg total Omega-3**
- **1290mg total Omega-3, 6, 9**
- **Vegetable capsules**
- **Registered with the Vegetarian and Vegan Societies**

RECOMMENDED DOSE: For best results take 1-2 capsules per day with food 2 x Opti ³ capsules provides the body with...	
Eicosapentaenoic acid (EPA)	40mg
Docosahexaenoic acid (DHA)	200mg
Total Omega-3	700mg
Total Omega-3, 6 & 9	1290mg



Best for Baby, Best for Mum

Our high purity Omega-3 EPA & DHA supplement is perfect for mums to be, and during breast feeding. There is a great deal of evidence to show the benefits of Omega-3 for Baby, including:

Brain development
Nervous system

Retina formation
Baby's general health



Omega-3 is important for the development of Baby's brain and eyes, especially during the latter stages of pregnancy. It is vitally important that mothers get enough Omega-3 essential fatty acids.

The only negatives associated with Omega-3 relate to fish

Whilst oily fish are an excellent source of essential fatty acids, fish contain contaminants including Dioxins, PCBs and heavy metals. Studies have found dangerous levels of such toxins in fish, hence experts placing restrictions on the recommended weekly fish intake. Opti3 provides all the benefits of Omega-3, without any concerns about pollutants or toxins.

Opti3 is designed to be literally suitable for everyone! This includes use during pregnancy and breast feeding. Opti3 is the result of long-term research, and we have carefully chosen each ingredient and dose to ensure optimum performance and safety.

There are many reported benefits of Omega-3, including:

- Promotes heart health & lowers cholesterol
- Boosts children's concentration levels
- Essential for brain development
- Benefits during pregnancy & breast feeding
- Reduces the risk of macular degeneration
- Can help inflammatory bowel diseases
- Raises HDL and lowers triglyceride levels
- Alleviates Arthritis symptoms
- May help Depression and Bipolar disorder

Visit our website to find out more about the reported benefits of Omega-3 with links to research papers

www.opti3omega.com



Vegan, Vegetarian & Fish Friendly

