

Essential Omegas provide a highly concentrated blend of omega-3s in their naturally existing ratios, purified through a comprehensive distillation process.

Extensive research has shown that adequate amounts of omega-3s support optimal mental health and general well-being.*

Suggested Use: Take 2 softgels once or twice daily with food, or as recommended by a healthcare professional. Store in a cool, dry place.

Caution: Pregnant or nursing mothers and individuals with a known medical condition should consult a physician before using this or any dietary supplement. Keep out of the reach of children. Do not use if safety seal is damaged or missing.

* 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.

Manufactured For:
NutraTek Health Innovations Inc.
Box 919, Raymond, AB, T0K 2S0

For Information and Orders:
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www.GetHardy.com

Send comments to:
PO Box 416
Sweet Grass, MT
59484

Made in U.S.A.



Essential Omegas

Dietary Supplement



a high potency
blend of omega-3s
for optimal
cognitive function*



120 Softgels

Supplement Facts

Serving Size: 2 Softgel Capsules
Servings Per Container: 60

Amount Per Serving	%DV**	
Calories (energy)	20	
Calories from fat	20	
Total Fat	2 g	3%
Fish Oil (60% Omega-3 Fatty Acids)	2,500 mg	†
EPA (Eicosapentaenoic Acid)	800 mg	†
DHA (Docosahexaenoic Acid)	600 mg	†
Other Omega-3 Fatty Acids	100 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (%DV) not established.

Other ingredients: Highly refined omega-3 fish oil (anchovies, mackerel, sardines), capsule (gelatin, glycerin, purified water and natural lemon flavoring), and antioxidant (mixed natural tocopherols).

This product is PCB and heavy metal tested and is guaranteed to be within Prop 65 limits.

