



Liquid Oil must be refrigerated after opening. SHAKE WELL before EACH use. Capsules do not need to be refrigerated. Store away from direct sunlight.

Omega Sufficiency™ is the purest, most natural fish oil available with natural EPA:DHA ratios and **NO Artificial Chemical Concentration**. Because of this Omega Sufficiency™ is aligned with the human genetic requirements for Omega 3 consumption and thus provides the maximal health and prevention benefits.

Omega Sufficiency™ is the world's premier EPA/DHA omega 3 fish oil. Each teaspoon or 4 capsules provides **720-825 mg of EPA and 480-550 mg of DHA** omega 3 essential fatty acids which have been scientifically shown to be a **crucial requirement for health and important in the prevention of illnesses** such as heart disease, arthritis, ADD, depression, stroke, cancer, diabetes, high blood pressure, obesity, osteoporosis, Crohn's disease, ulcerative colitis, eczema, learning and cognitive development problems, and Alzheimer's.

Omega Sufficiency™ is extracted in a **licensed pharmaceutical grade facility** from **cold water anchovies, herring and sardines** that are the **purest** source of omega 3 fish oil. Our oil is **purified** in a non-chemical molecular distillation process that removes all trace amounts of heavy metals, PCBs, organochlorides, and organophosphate pesticides resulting in the safest, purest source of EPA/DHA fish oil possible. As the oil is purified it is **immediately infused with our natural, proprietary antioxidant blend** consisting of rosemary extract, ascorbyl palmitate and natural mixed tocopherols. This process ensures the greatest oxidation protection possible. **There simply is not a better, purer source of EPA/DHA omega 3 fatty acids in the world as our third party testing results indicate.**

Our extraction process keeps the fish oil in its **most natural form possible**, this is crucial because **human beings are genetically designed to ingest, digest, and absorb EPA and DHA essential fatty acids in the form they are found in nature**, not in any concentrated form produced by chemical processing. If science and experience has taught us anything it is that **we cannot improve upon nature.**