

## Living Fuel's Super Essentials® Omega 3 EDA

Living Fuel's Super Essentials® Omega 3 EDA combines the ultimate in antioxidants and essential fatty acids with a full-spectrum Vitamin E (tocotrienols and tocopherols), cold water fish-derived Vitamins D & A and Astaxanthin for Maximum Human Nutrition™. Beyond clean air and fresh water, Super Essentials Omega is the next, most important step toward Super Health – the single most important supplement you can take! Super Essentials Omega contains the finest natural sardine, anchovy and mackerel oils that are ultra-purified using a proprietary flash molecular distillation process and rigorously tested for impurities including PCBs, mercury, other heavy metals or oxidized contaminants. **Full-spectrum Vitamin E**, including Tocotrienols and Tocopherols from sustainably-sourced EVNol (palm) and rice bran oil, is a powerful antioxidant with numerous well-known health benefits. In addition to the general antioxidant benefits, Super Essentials Omega contains significant amounts of all eight fractions of Vitamin E to protect against rancidity in the bottle, but more importantly, to protect the delicate polyunsaturated fats from lipid peroxidation in the body. **Vitamin D**, among its myriad of well-documented health benefits, helps to maintain normal blood levels of calcium and phosphorus which helps to sustain strong bones. **Vitamin A** is a powerful antioxidant that promotes growth, healthy skin and good vision. **Astaxanthin**, a carotenoid, is an extremely powerful naturally-occurring fat-soluble antioxidant. **Omega 3 EPA/DHA** is critical to human health and longevity and promotes healthy cellular function. **GLA**, an Omega 6 oil, is included to balance the Omega 3 and Omega 6 pathways for the production of beneficial prostaglandins. The ingredients in Super Essentials Omega are rigorously tested to guarantee unparalleled levels of purity. **Super Essentials Omega DOES NOT CONTAIN** GMO, soy, wheat, gluten, rye, oats, corn, yeast, egg, sugar, wax, preservatives, casein or any other milk derivatives. 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. **KEEP OUT OF REACH OF CHILDREN.**



Lot # & Expiration Date:

Exclusively Manufactured for  
and Distributed By:  
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Non-GMO

# LIVING FUEL SUPER ESSENTIALS® OMEGA 3 EDA + 2

The Ultimate in Antioxidant Essential Fatty Acids



Certified For Sport

**ANTIOXIDANT ESSENTIAL FATTY ACIDS**  
**Full-Spectrum Vitamin E**  
**Vitamins D & A**  
**Astaxanthin**  
**EPA/DHA & GLA**

All Natural Dietary Supplement  
Purity Guaranteed  
120 Softgel Capsules

## DIRECTIONS

For optimal results, **take one softgel per 25 pounds of body weight per day** up to a total of 12 or more as directed by a health care professional. For example, 200 lbs = 8 softgels per day; 125 pounds = 5 softgels per day. Adults take a minimum of four softgels daily. *Essential for pregnant and nursing women as directed by a health care professional.*

## SUPPLEMENT FACTS

**Serving Size:** 1 Softgel Capsule (1,533 mg Active)

Amount Per Serving		% Daily Value*
<b>Calories:</b>	<b>10</b>	
Calories from Fat	10	
<b>Total Fat</b>	<b>0.9 g</b>	<b>1%</b>
Saturated Fat	0.2 g	<1%
Trans Fat	0 g	
<b>Vitamin A</b> (from purified fish liver oil)	<b>500 IU</b>	<b>10%</b>
<b>Vitamin D</b> (from purified fish liver oil)	<b>250 IU</b>	<b>63%</b>
<b>Vitamin E</b> (d-alpha tocopherol)	<b>8 IU</b>	<b>27%</b>
<b>EPA</b> (Eicosapentanoic acid 20:5 omega 3) (from purified fish oils)	<b>120 mg</b>	†
<b>DHA</b> (Docosahexanoic acid 22:6 omega 3) (from purified fish oils)	<b>120 mg</b>	†
<b>GLA</b> (Gamma Linolenic Acid 18:3 omega 6) (from cold pressed borage seed oil)	<b>30 mg</b>	†
<b>Total Tocotrienols</b> (alpha, gamma, delta and beta)	<b>14.1 mg</b>	†
<b>Alpha Tocotrienols</b>	<b>4.2 mg</b>	†
<b>Gamma Tocotrienols</b>	<b>5.4 mg</b>	†
<b>Total Tocopherols</b> (alpha, beta, gamma, delta)	<b>5.6 mg</b>	†
<b>Plant Squalene and Phytosterols Complex</b>	<b>1.4 mg</b>	†
<b>Astaxanthin</b> (from algae <i>hematococcus pluvialis</i> )	<b>1 mg</b>	†

\* Percent Daily Values are based upon a 2,000 calorie diet  
† Daily Value not established

Ingredients: Marine Lipid Concentrate TG, Buffalo Gelatin, Glycerin, Borage Oil, Yellow Beeswax, Purified Water, Oryza Rice Bran Oil, Astaxanthin, EVNol Palm Oil, Fish Liver Oil, Ultra-Pure Non-GMO Sunflower Lecithin.