

Oceans 3™ Healthy Hormones®

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Suggested Use: Adults take 3 softgels daily. Best taken with meals and at least 8 oz of water. Not intended for children. To preserve freshness, immediately refrigerate after opening. **Advanced Usage:** Increase gradually to 3 softgels three times daily (9 softgels per day).

Supplement Facts

Serving Size 3 Softgels
Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	15	
Total Fat	1.5 g	2% ¹
Vitamin A (from beta-carotene and retinol from fish liver oil)	310 mcg	34%
Vitamin D (D3 from culture of <i>S. cerevisiae</i>)	12.5 mcg (500 IU)	63%
Vitamin E (from culture of <i>L. bulgaricus</i>)	10 mg	67%
Vitamin K (as K1 from culture of <i>S. cerevisiae</i>)	7.5 mcg	6%
Thiamin (Vitamin B1 from culture of <i>S. cerevisiae</i>)	1.5 mg	125%
Vitamin B12 (as Methylcobalamin from culture of <i>S. cerevisiae</i>)	100 mcg	4166%
Vitamin K2 (as menaquinone-4 from culture of <i>S. cerevisiae</i>)	7.5 mcg	+
OmegaXanthin® Blend	1 g	+
Total Omega-3 Fatty Acids	945 mg	
EPA (Eicosapentaenoic Acid)	525 mg	
DHA (Docosahexaenoic Acid)	350 mg	
Other Omega-3s	70 mg	
<i>Haematococcus pluvialis</i> Extract (standardized to min. 4 mg Astaxanthin)	80 mg	
Brown Seaweed Extract (<i>Undaria pinnatifida</i> , <i>Laminaria japonica</i>) [providing Fucoxanthin]	0.5 mg	
Healthy Hormones® Botanical Blend	422 mg	+
Ashwagandha extract (<i>Withania somnifera</i> root and leaf)	189 mg	
Lifenol® Wild Hops extract (<i>Humulus lupulus</i>)	120 mg	
Amla Berry (<i>Phyllanthus emblica</i> fruit)	113 mg	

¹Percent Daily Values are based on a 2,000 calorie diet.
+Daily Value not established.

Other Ingredients: Concentrated fish oil (USA wild-caught Alaska Pollock with natural mixed tocopherols), gelatin, glycerin, beeswax, beta-carotene, natural strawberry flavor, soy lecithin, mixed tocopherols, fish liver oil.

Contains: Fish, soy.

CAUTION: Your diet or health situation may benefit from the advanced use of this product. Check with your healthcare practitioner to determine your needs. As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, allergic to iodine, use blood thinners, anticipate surgery or are under medical supervision.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing. Made without dairy ingredients, tree nuts or shellfish. Manufactured in a facility that also processes dairy, eggs, wheat, peanut, tree nuts and shellfish. No artificial colors.

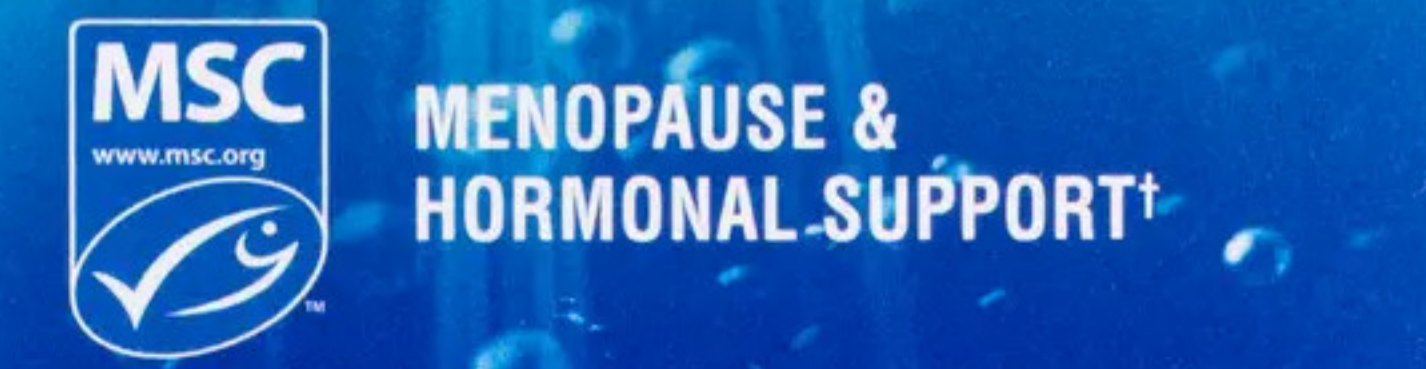
Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.

Distributed by Garden of Life LLC
4200 Northcove Parkway, Palm Beach Gardens, FL 33410 USA
Made in the U.S.A. from foods grown in the U.S.A. and other countries.
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OCEANS 3™

Healthy Hormones®
with OmegaXanthin®



90 SOFTGELS OMEGA-3 DIETARY SUPPLEMENT

Quality You Can Trust

PURITY
Oceans 3™ Healthy Hormones® utilizes a multiple-stage molecular distillation process, employing extensive quality controls to produce ultra pure EPA & DHA rich fish oil.

QUALITY TESTING
Oceans 3™ Healthy Hormones® fish oil is verified pure and fresh through independent, third-party testing that exceeds strict international standards for peroxides, mercury, lead, dioxins and PCBs.

SUSTAINABILITY
The USA wild-caught Alaska Pollock in this product comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery.
www.msc.org



For every Oceans 3™ Healthy Hormones® bottle sold, a donation will be made to WomenHeart. WomenHeart champions prevention and early detection, accurate diagnosis and proper treatment of women's heart disease.



OmegaXanthin® is a novel combination of ultra-pure Omega-3 fish oil, plus Astaxanthin and Fucoxanthin.

Oceans 3™ Healthy Hormones® supports hormonal and emotional health for women of all ages with Ashwagandha, Amla Berry and Lifenol® wild hops extract.[†]

Lifenol® is a patented European wild hops extract rich in prenylflavonoids. In three human clinical studies, Lifenol® was shown to reduce the symptoms typically associated with menopause, improving the quality of life of menopausal women.[†]

- ▶ Menopause & Hormonal Support[†]
- ▶ Anti-Aging, Skin & Beauty Support[†]
- ▶ Stress Reduction & Emotional Well-Being[†]
- ▶ Cardiovascular Health[†]

[†]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.