

## **JOINTATH Softgel Capsules**

### **COMPOSITION:**

Each Softgel Capsule contains	
Fish Oil	1400 mg
EPA (Eicosapentaenoic Acid)	495 mg
DHA (Docosahexaenoic Acid)	330 mg
Other Omega 3 Fatty Acids	75 mg
(Total Omega 3 Fatty Acids)	900 mg)

### **ACTION OF INDIVIDUAL COMPONENTS:**

Jointath Omega-3 provides marine oil, with a 50:50 ratio of Omega-3 fish oil and Cod Liver oil. Jointath Omega-3 is an effective way to support your active lifestyle.

### **SUGGESTED USAGE:**

Take 1 capsule 1-2 time daily, preferably with a meal or as directed by your healthcare professional. Not to exceed the recommended daily dosage.

### **CONTRA INDICATIONS:** Nil.

### **EFFECTS OF OVER-DOSE:**

None has been reported any adverse effect of over-dose.

### **ADVERSE EFFECTS:**

None has been reported any adverse effect.

### **SIDE EFFECTS:**

None has been reported any side effect.

### **INTERACTION WITH MEDICINES:**

None has been reported any interaction with medicines.

### **TOXIC EFFECTS:**

None has been reported any toxic effect.

### **SHELF LIFE:**

3 years from the date of manufacture.

### **CONDITIONS OF STORAGE:**

Store below 30 °C, in a cool, dry & dark place.