



Forever® Arctic-Sea®

A vital set of nutrients required for a healthy body, are the fatty acids. These nutrients serve several functions, including the make-up of the majority of the protective membrane that surrounds every one of our cells. They are also used by the body as major building blocks for the creation of body fat, needed in appropriate amounts to cushion and protect our internal organs and keep us warm. However, not all fatty acids provide the same benefits. Scientific research has linked the consumption of saturated fatty acids, found predominantly in animal fat, with increased levels of cholesterol and a higher risk of heart attacks, while the unsaturated variety from vegetable oils do not have that effect.

Forever Living Products has formulated a superior nutritional supplement to take advantage of the latest research into this important area of nutrition. By combining Omega-3 with Omega-9, it provides a safe, balanced, mercury-free supplement that can favorably support healthy blood cholesterol and triglyceride levels. Forever Arctic-Sea Super Omega-3 is a breakthrough in terms of a balanced supplement, using both vegetable and mercury-free pharmaceutical-grade fish oils to derive the benefit of each. Omega-3 is an essential polyunsaturated fatty acid found in salmon and other seafood. Omega-9 is the unsaturated fatty acid found in vegetable products, like olive oil.

Each softgel has an EPA content of 225 mg and 150 mg each of DHA and oleic acid, all of which are lacking in most Western diets. The benefits of EPA and DHA include supporting the circulatory system. They are needed for other functions, including the development and health of the eyes and brain, and can support proper joint function.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Calories 10	
Calories From Fat 10	
Total Fat 1g	2%*
Trans Fat 0g	
Vitamin E 1 IU	3%*
Omega-3 fatty acids 375 mg	†
EPA (eicosapentaenoic acid) 225 mg	†
DHA (docosahexaenoic acid) 150 mg	†
Oleic Acid (from olive oil) 150 mg	†
* Percent Daily Values are based on a 2,000 calorie diet.	
† Daily Value not established	

INGREDIENTS

Natural Fish Oil, Olive Oil, Gelatin, Glycerin, Purified Water, and D-Alpha Tocopherol.

Contains Fish (Salmon, Anchovy, Mackerel, Sardines)

CONTENTS

60 softgels

SUGGESTED USE

One softgel with meals three times daily as a dietary supplement.



- Omega-3 fatty acids have been shown to help support circulatory function
- Omega-3 and Omega-9 fatty acids can help support healthy cholesterol and triglyceride levels
- Helps support proper joint function
- Mercury-free

PRODUCT #039

The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, mitigate, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.