

OMEGA+

✦ FAQs ✦

WHAT IS LIFEVANTAGE OMEGA+?

LifeVantage Omega+ contains 100% traceable and sustainable pharmaceutical-grade fish oil from Norwegian Cod. This fish oil supplement comes in easy-to-take softgels with high levels of EPA and DHA omega-3 fatty acids and Vitamin D.

CAN I TAKE OMEGA+ WITH OTHER SUPPLEMENTS?

We recommend you consult with your physician if there are any concerns.

HOW MANY SERVINGS ARE THERE IN THE OMEGA+ PER BOTTLE?

There are 30 servings per bottle.

WHAT'S THE RECOMMENDED DOSAGE FOR OMEGA+?

Recommended dosage is 3 softgels per day.

CAN I GIVE OMEGA+ TO CHILDREN?

Consult with your physician prior to use.

CAN I TAKE OMEGA+ IF I AM PREGNANT OR NURSING?

Consult with your physician prior to use.

WILL I EXPERIENCE A FISHY AFTERTASTE OR EXCESS BELCHING WITH OMEGA+?

No, you should not experience a fishy aftertaste. The softgels have lemon and lime oil added in order to further hide any potential fishy aftertaste.

WHAT ARE THE BENEFITS OF TAKING OMEGA+?

LifeVantage Omega+ contains DHA and EPA Omega-3 fatty acids to support cardiovascular and cognitive health. It also contains Vitamin D, to support skin health and the immune system.

WHAT ARE THE BENEFITS OF VITAMIN D?

- Vitamin D contributes to the maintenance of healthy bones.
- Vitamin D contributes to the maintenance of normal muscle function.
- Vitamin D contributes to normal blood calcium levels.
- Vitamin D contributes to the normal function of the immune system.
- Vitamin D has a role in the process of cell division.

WHAT ARE EPA AND DHA FATTY ACIDS?

Omega-3 fatty acids are a long-chain fatty acid found primarily in fish located in very cold climates. These fish require unsaturated, long-chain fats with especially low freezing points to ensure the fats don't solidify while swimming in nearly freezing water temperatures. Two types of omega-3 fatty acids found in fish are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

WHAT ARE THE KEY INGREDIENTS IN OMEGA+?

Omega-3 fatty acids rich in EPA and DHA from Norwegian Cod and Vitamin D.

HOW MANY IUS OF VITAMIN D IS IN OMEGA+?

There are 5mcg in the product which is equivalent to 200 IUs.

ARE THERE ANY POTENTIAL ALLERGENS IN THE OMEGA+?

Omega+ contains fish oil (Cod).

WHERE DOES YOUR FISH OIL COME FROM?

Norwegian Cod.

DOES OMEGA+ PRODUCT CONTAIN NRF2 INGREDIENTS?

No, it does not contain Nrf2 ingredients.

IS OMEGA+ MOLECULARLY DISTILLED?

Yes, Omega+ molecularly distilled.