

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+?

Children (age 6) to Adults: take 3 soft gels 1 time per day.

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 cognitive health and overall good health. It also contains Vitamin D to support immune health.

WHAT ARE EPA AND DHA FATTY ACIDS AND WHY ARE THEY IMPORTANT?

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).

Omega-3 Fatty Acids are one of the most thoroughly researched supplements available. Long-chain omega-3 fatty acids EPA and DHA help support the maintenance of good health. They also help support cognitive health and brain function as well as helps support the development of the brain, eyes and nerves in children up to 12 years of age.

WHAT ARE THE KEY INGREDIENTS IN OMEGA+?

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

ARE THERE ANY POTENTIAL ALLERGENS IN THE OMEGA+?

Omega+ contains fish oil (Cod).

WHERE DOES YOUR FISH OIL COME FROM?

Norwegian Cod.

DOES OMEGA+ CONTAIN NRF2 INGREDIENTS?

No, Omega+ does not contain Nrf2 ingredients.

IS OMEGA+ MOLECULARLY DISTILLED?

Yes, Omega+ is molecularly distilled.