

# OMEGA 3 SUPPLEMENT

EXCLUSIVELY AVAILABLE  
THROUGH YOUR  
**HERBALIFE  
INDEPENDENT  
DISTRIBUTOR**



## Nutritional information

	9 Capsules
Energy	45 kcal (188 kJ)
Protein	1.87 g
Carbohydrate	0 g
Fat	3.68 g
Of which: Saturated fat	0.7 g
Monounsaturated fat	0.7 g
Polyunsaturated fat	2.1 g
Fish oil	4500 mg
<b>Contains: Omega-3 fatty acids</b>	
of which: EPA	1026 mg
DHA	675 mg

### Ingredients:

Fish Oil (Marine Lipid Complex (62 %)), Capsule Shell (Gelatin, Water, Gelling agent: Glycerin; Flavouring), Antioxidant (Mixed Tocopherols), Thyme Oil (0.12 %), Clove Oil (0.12 %), Peppermint Oil (0.06 %).

For up-to-date ingredient list & nutritional values please refer to the label on the product.

## Targeted Nutrition

Herbalifeline® is an omega 3 supplement rich in Omega-3 essential fatty-acids EPA and DHA, known to help maintain a healthy heart.

### KEY BENEFITS

- Rich in EPA and DHA to help maintain a healthy heart. To achieve this beneficial effect, consume 250 mg of EPA & DHA per day as recommended by the European Food Safety Authority (EFSA)
- Consuming Omega 3 fatty acids helps keep your heart healthy, our bodies do not produce adequate levels so we need to obtain them from an external source
- DHA also contributes to the maintenance of normal brain function and vision
- Contains essential oils to freshen the taste

### HOW CAN IT HELP YOU?

Studies have shown many western diets are very low in the long chain omega-3 fatty acids (EPA & DHA), which is why a supplement may be beneficial. Nutritionists' advice is for people to consume between 2 and 3 servings of fish per week to achieve the recommended omega-3 intake.

### USAGE

Take 1-3 capsules three times a day preferably with meals.



### ALSO TRY

Why not try Niteworks®, a night-time heart nutrition supplement with L-Arginine, L-Citrulline, Vitamins C & E and Folic Acid.

Your Herbalife Independent Distributor is: