

# MÖDERE® FACT SHEET

## OMEGA 3

Health & Wellness | Support

### Product Description

Moderate Omega 3 gives you a balanced, potent blend of EPA, DHA and fish oils to support circulatory health, cognitive performance and healthy triglyceride levels.\*

### Product Benefits

- 1000 mg of sustainable fish oil to provide essential fatty acids
- 180 mg of EPA to promote circulatory health\*
- 120 mg of DHA to support cognitive performance and overall brain health\*
- Encourages maintenance of healthy triglyceride (LDL) levels already within the normal range\*
- Easy-to-take softgels
- Sugar-free • Dairy-free • Gluten-free • Keto-friendly

### Positioning Statement

The science behind omega-3 fatty acids is truly remarkable. Study after study shows the benefits of fish oil and what fatty acids can do for your body, mind and heart. Study after study we're convinced, and so should you be. Simply put, incorporating omega-3s into your diet is one of the smartest, most sensible things you can do for your overall health. And if you take any supplements whatsoever, an omega-3 supplement should be at the top of your list.\*

Moderate Omega 3 is a targeted formula that delivers the optimal amount of essential EPA, DHA and fish oils you need on a daily basis. Just take one softgel three times daily and you're set. And we source our fish oil sustainably, using smaller, more abundant fish and responsible suppliers who don't participate in overfishing. That means you can feel good about where you're getting your omega-3 supplement, in addition to feeling good about what you're doing for your body.\*

### Directions/Usage

Take one (1) softgel three times daily with food.



### Key Ingredients

- Fish oil
- DHA
- EPA

### Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1%*
Vitamin E (as d-alpha Tocopheryl Acetate)	20 mg	133%
Total Fish Oil	1,000 mg	†
EPA (Eicosapentaenoic Acid)	180 mg	†
DHA (Docosahexaenoic Acid)	120 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** Gelatin, glycerin, water, soybean oil.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.