



MAXIMUSCLE – OMEGA 3

- 1000mg Fish Oil, per Soft Gel Capsule
- Supports a healthy heart and Brain
- Essential Fatty Acids
- 120 Soft Gel Capsules per pot

HIGH STRENGTH OMEGA 3 WITH EPA AND DHA



WHAT IS IT?

Omega 3's are polyunsaturated fatty acids (PUFA's) or essential fatty acids (EFA's), fats that need to be obtained from the diet. Fish oils are a good source of omega 3 which contain both Eicosapentaenoic (EPA) and Docosahexaenoic (DHA).

WHAT MAKES IT DIFFERENT?

Maximuscle Omega 3 contain a high strength formula, 3000mg of fish oil per daily serving. Perfect support for every exerciser.

HOW WILL IT HELP ME?

Every Soft Gel contains EPA/DHA fatty acids which will help boost your existing dietary levels and support cardiac and brain function.

WHEN SHOULD I USE IT?

To get the best out of Maximuscle Omega 3's, consumption should be across the day to increase the fat content of an exercisers diet. Take 1 Soft Gel three times a day.

INFORMED-SPORT

The entire Maximuscle range is screened for banned substances and is accredited on the Informed-Sport programme.

KEY NUTRITIONALS

TYPICAL VALUES TAKE 1 SOFT GEL THREE TIMES A DAY	Daily serving
Fish Oil	3000 mg
EPA	990 mg
DHA	660 mg