

How much EPA and DHA am I getting?



Medicinal Ingredients: Each softgel contains:

Fish Oil 1,400 mg
(Providing 710 mg EPA triglyceride, 290 mg DHA triglyceride)
(Derived from a blend of: sardine, anchovy, mackerel)

Add these two numbers together to determine the level of EPA and DHA in each serving. This example delivers 1,000 mg EPA and DHA per softgel.

Are You Getting Enough Omega-3s?

Omega-3 fatty acids EPA and DHA are an essential part of a healthy diet.



Every OmegaGenics Formula Makes a World of Difference. So Can You.

Metagenics is proud to continue our partnership with Vitamin Angels, a charitable organization that helps provide nutritional support to protect the health of at-risk populations in need—specifically pregnant women, new mothers, and children under 5—in approximately 45 countries. In the last year, contributions from OmegaGenics product purchases helped 100,000 people in need.



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Talk to your healthcare practitioner about supplementing with omega-3s.

➤ Talk to your healthcare practitioner today about **OmegaGenics** or visit MetagenicsCanada.com.



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Why are omega-3s important?

Omega-3 fatty acids EPA and DHA are conditionally essential fatty acids. Although the body can make these from other essential fatty acids, the amount is not significant.

Why supplement with fish oil?

Consuming fish and other foods rich in omega-3s is highly recommended to support overall health, but obtaining enough EPA and DHA through diet alone can be a challenge—especially for those who aren't keen on seafood. Where diet falls short, supplementation offers a simple, convenient solution.

What are the benefits of fish oil?

Both EPA and DHA are important at various stages of our lives. Fish oils, whether from natural health products or dietary sources, have been clinically researched and found to support various systems of the body—including heart, brain, joint, immune, eye, and skin health. Beyond that, omega-3 fatty acid supplementation has been found to be well tolerated with minimal adverse events.

What kind of fish oil is best?

Clinical studies have shown the benefits of a range of doses and delivery forms, including softgels, liquids, or enteric-coated options. Your healthcare practitioner can recommend the ideal dose for you based on your health status.



OmegaGenics® offers a comprehensive line of omega-3 formulas in a variety of doses and delivery forms, including softgels, liquids, and enteric-coated options, to help meet your needs.

OmegaGenics formulas are stabilized with natural antioxidants like mixed tocopherols, vitamin C, and rosemary extract to ensure optimal freshness.

Why should I choose OmegaGenics?

Transparency

We go to great lengths to ensure the highest level of quality and consistency in every batch, so you can feel confident that what's on the label is exactly what's in the bottle.

Sustainability

Our fish are always sourced from fisheries that aim to protect endangered species and their ocean environments.

Extensive Testing

Every batch is third-party tested for over 450 contaminants including heavy metals, PCBs, and dioxins.

We stand on three pillars of quality—transparency, sustainability, and extensive testing—to bring you advanced nutritional solutions you can trust. That's our promise.

Experience the OmegaGenics difference.