



# MEGA EPA/DHA

## Omega-3 Complex

### WHY YOU CAN'T AFFORD TO IGNORE THE FACTS ABOUT FISH OIL.

If you were allowed to take only one nutritional or vitamin supplement what would it be?

There are thousands of supplements on the market today to choose from but research has proven that **Fish Oil** is probably the most important supplement you can take for overall health and anti aging benefits.

**Fish Oil** consists of Omega – 3 Essential Fatty Acids that are considered “essential” because they are necessary for numerous functions in the body. The body cannot make Omega – 3 fatty acids, thus they must be supplied through the food we eat or by supplementation such as **Fish Oil. RaNisa Naturals' Mega EPA/ DHA Fish Oil** gives the body high concentrations of two very important Omega -3- Fatty Acids Eicosapentaenoic Acid (EPA) and Docosahexanoic (DHA).

Research has shown that **Fish Oil** may improve the cognitive and visual skills of young children – making them smarter than children who do not use it.

Studies have shown that **Fish Oil** is beneficial for men or women, young or old, active or non-active, healthy or diseased.

**Fish Oil** can not only assist to decrease the incidence of cardiac disease, stroke and cancer, it can also play a very beneficial part in the treatment of these and many other disorders.

With all the documented research regarding the usage of **Fish Oil** it has been proven that it has the potential for providing many health benefits and may help:

- To prevent and /or treat cardiac disease and strokes.
- To treat Alzheimer's Disease and help improve memory.
- To provide blood-thinning properties.
- To assist with the prevention and treatment of prostate, breast and colon cancer.
- To improve mood and fight depression.
- To improve joints and cartilage health.
- To improve cholesterol and triglycerides
- To improve blood pressure.
- To balance hormones.
- To decrease inflammation in the lungs.
- To treat allergies and asthma.
- To treat skin disorders such as eczema.

Knowing that all of these benefits and even more are available to you by just taking **Fish Oil** daily, the question now is not “Why should I take fish oil?” but “How can I afford not to take it.”

**RANISA NATURALS FISH OIL CAN ADD YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS!  
EAT HEALTHY, EXERCISE MORE AND TAKE YOUR OMEGA -3- FISH OIL SUPPLEMENT ON A  
DAILY BASIS!!**

<b>Supplement Facts</b>	
<b>Serving Size 1 Soft Gelatin Capsule</b>	
<b>Amount Per Serving</b>	<b>% Daily Value</b>
Calories - 10	
Calories from Fat - 10	
Total Fat - 1g	2%*
Polyunsaturated Fat - 0.5g	**
<b>INGREDIENTS</b>	<b>% Daily Value</b>
Fish Oil - 1000 mg	**
EPA (Eicosapentaenoic Acid) - 420 mg	**
DHA (Docosahexaenoic Acid) - 280 mg	**
*Percent Daily Values are based on a 2000 calorie diet.	
** Daily Value not established.	

Other Ingredients: Gelatin, glycerin and purified water.

**ALLERGEN WARNING: CONTAINS FISH ( SARDINE ) .**

**CAUTION:** This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish. Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. Consult your physician prior to taking Fish Oil if you are taking blood thinner or anti-clotting medications.

**Suggested Use:** As a dietary supplement, take one (1) capsule daily.

Contains no yeast, no sugar, no starch, no artificial colors, flavors or preservatives.

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