

CORE OMEGA-3™

Beachbody Nutritionals®

Take your fitness to heart.

Omega-3 fatty acids, found abundantly in fatty fish, are important to cardiovascular, brain, and joint function. Active people who don't consume at least two servings of fresh fatty fish a week may be putting their health at risk. Our Core Omega-3™ supplement provides these critical, healthy fats to help keep your heart functioning properly so you can reap the most benefits from your Beachbody® workouts and everyday life.*



KEY BENEFITS*

- **1,000 mg of omega-3 fatty acids** per serving, similar to an average serving of salmon steak
- Provides **600 mg of joint-protecting EPA**; 400 mg of DHA, which **helps protect brain and heart function**; and 4 IU of d-alpha tocopherol, **vital for heart health**
- Sourced from **wild, coldwater fish** found in the Atlantic, considered the planet's **purest source** of fish rich in omega-3 fatty acids
- **Pure and potent**: no harmful PCBs (polychlorinated biphenyls, which are industrial chemicals that may cause a variety of adverse health effects) or heavy metal contaminants, typically found in farm-raised fish
- **Specially coated** so there's no unpleasant aftertaste, unlike other omega-3 products

USAGE

Two soft gels a day with any meal.

THE BEACHBODY DIFFERENCE

Our Core Omega-3 supplement provides 1,000 mg of omega-3-rich fatty acids to help support cardiovascular health, as well as to help maintain the optimal function of our brains, joints, and vision.*

DID YOU KNOW?

- According to the American Heart Association, diets rich in omega-3 may help lower blood pressure.*
- EPA and DHA omega-3 fatty acids may help reduce the risk of coronary heart disease.*

WARNING: Consult with a healthcare professional if pregnant, breast feeding, providing to a child, or if you have any other unique or special needs. Keep out of reach of children.

*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.

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