

DO YOU EAT ENOUGH FISH?



core



CORE BOOST // OMEGA-3



GLUTEN
FREE



660 EPA
PER SERVING



440 DHA
PER SERVING



OMEGA-3



HEART
HEALTH



BRAIN
HEALTH

Transform your body with CORE. Go to [COREin8.com](https://corein8.com) and start the CORE Program.

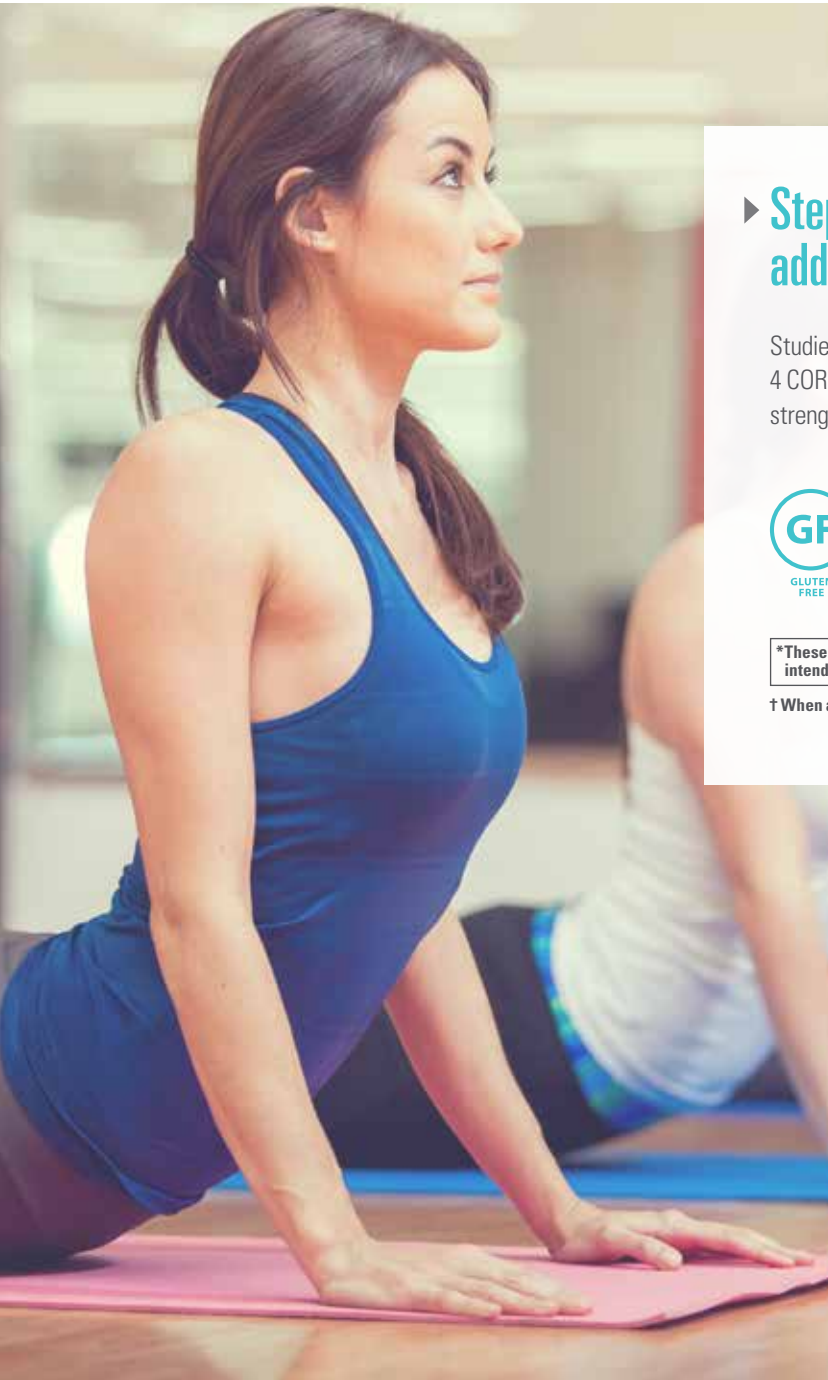
CORE BOOST // OMEGA-3

Price \$20 USD (bottle of 60 capsules) 15 PV

Are you eating enough fish? Most of us don't and that means we may not be getting enough essential fats in our diet to help maintain good health. In only two soft gels, CORE Omega-3 delivers more than 1,000mg of combined EPA and DHA to support heart and brain health.

► benefits

- Great source of omega-3 fatty acids to maintain good health*
- Supports heart health*
- Supports healthy brain function*



► Step up your CORE Omega-3 servings for added benefits!

Studies have also shown that regular consumption of 4 grams of fish oil, which is 4 CORE Omega-3 soft gels, may help to reduce body fat levels, increase muscle strength, and promote healthy body composition.*†



GLUTEN FREE



660 EPA PER SERVING



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OMEGA-3



HEART HEALTH



BRAIN HEALTH

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

† When also accompanied by a healthy diet and regular exercise.

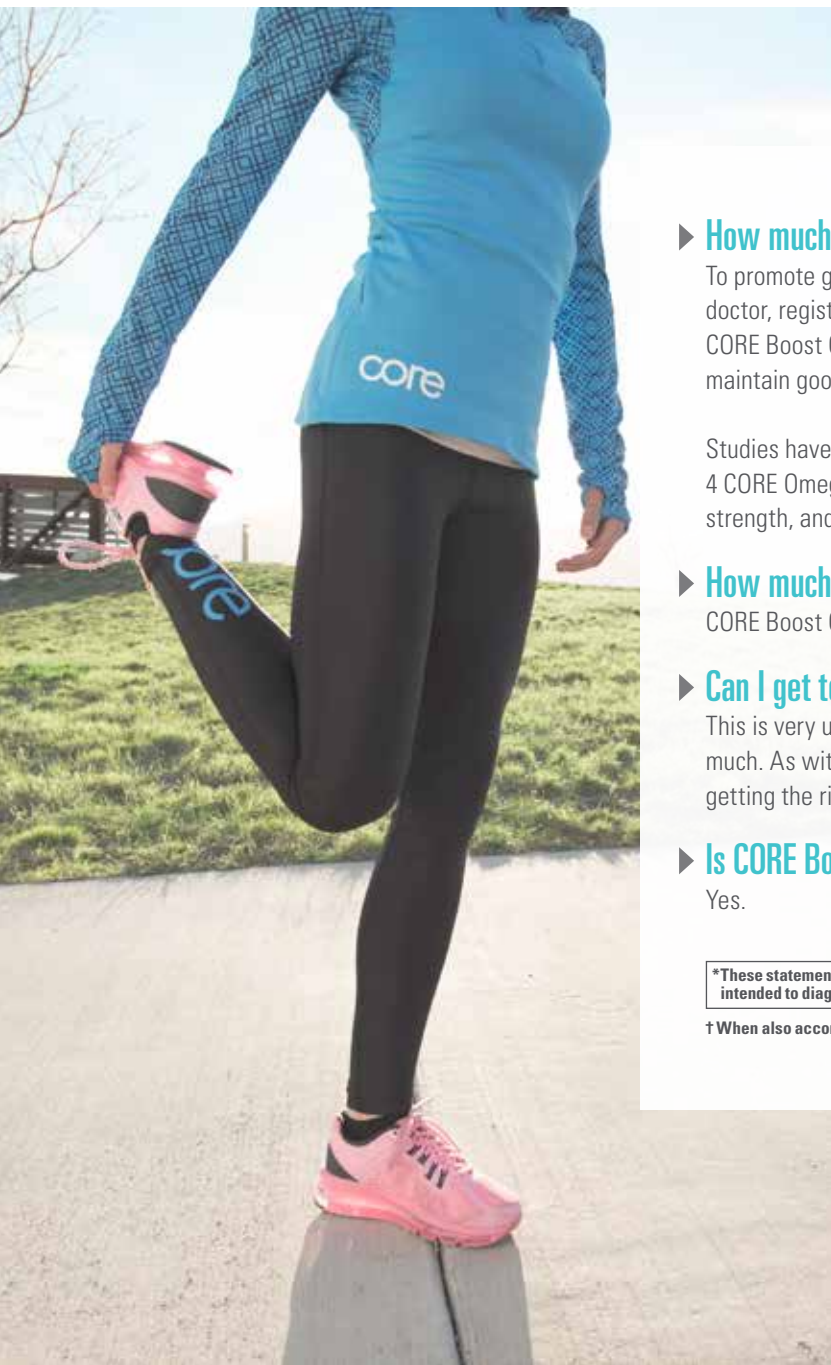
CORE BOOST // OMEGA-3

► What is Omega-3?

Omega-3 is an essential fatty acid that is necessary for human health. It is derived from both animal and plant sources, although Omega-3 from fish oil is the most common supplemental form. Because your body cannot make essential fatty acids, you must get them from food or supplemental sources.

► What are essential fatty acids (EFAs)?

Essential fatty acids make up all fats in our body, and certain fatty acids are important to human health, such as Omega-3, because they are used to build and maintain every cell within the body.



► How much CORE Boost Omega-3 should I get daily?

To promote good health, consume the amount of Omega-3 recommended by your doctor, registered dietitian/nutritionist, or other qualified health professional. The CORE Boost Omega-3 recommends 2,000 mg of fish oil (2 capsules) per day to help maintain good health, support heart health, and support healthy brain function.*

Studies have also shown that regular consumption of 4 grams of fish oil, which is 4 CORE Omega-3 soft gels, may help to reduce body fat levels, increase muscle strength, and promote healthy body composition.*†

► How much EPA & DHA does CORE Boost Omega-3 have?

CORE Boost Omega-3 has 660 mg of EPA and 440 mg of DHA per serving.

► Can I get too much Omega-3?

This is very unlikely. Most people are at risk of getting too little Omega-3, not too much. As with any supplement, please follow the suggested usage to ensure you are getting the right amount of Omega-3 fatty acids.

► Is CORE Boost Omega-3 gluten free?

Yes.

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CORE BOOST // OMEGA-3 (CONTINUED)

► Is fish a better source of Omega-3 than fish oil supplements?

Quality supplements are a safe source of Omega-3 and an alternative to fish. For people who don't like fish, choosing purified, concentrated Omega-3 that contains EPA/DHA fish oil supplements, such as CORE Boost Omega-3, ensure you're getting your daily amount.

► Do I need to take EPA if I'm taking DHA?

Yes. Both DHA and EPA are required by your body and work together to promote good health.



► Is Omega-3 safe for children?

Yes. Numerous studies have shown that Omega-3 is safe for children and is needed to support the development of healthy brains, eyes, and nerves.*

► Is it safe to take an Omega-3 while pregnant?

Yes. It is safe and recommended by health professionals. DHA is essential to the development of your baby's brain and eyes. It's important that your growing child gets plenty of DHA during fetal development and throughout the early years of life.

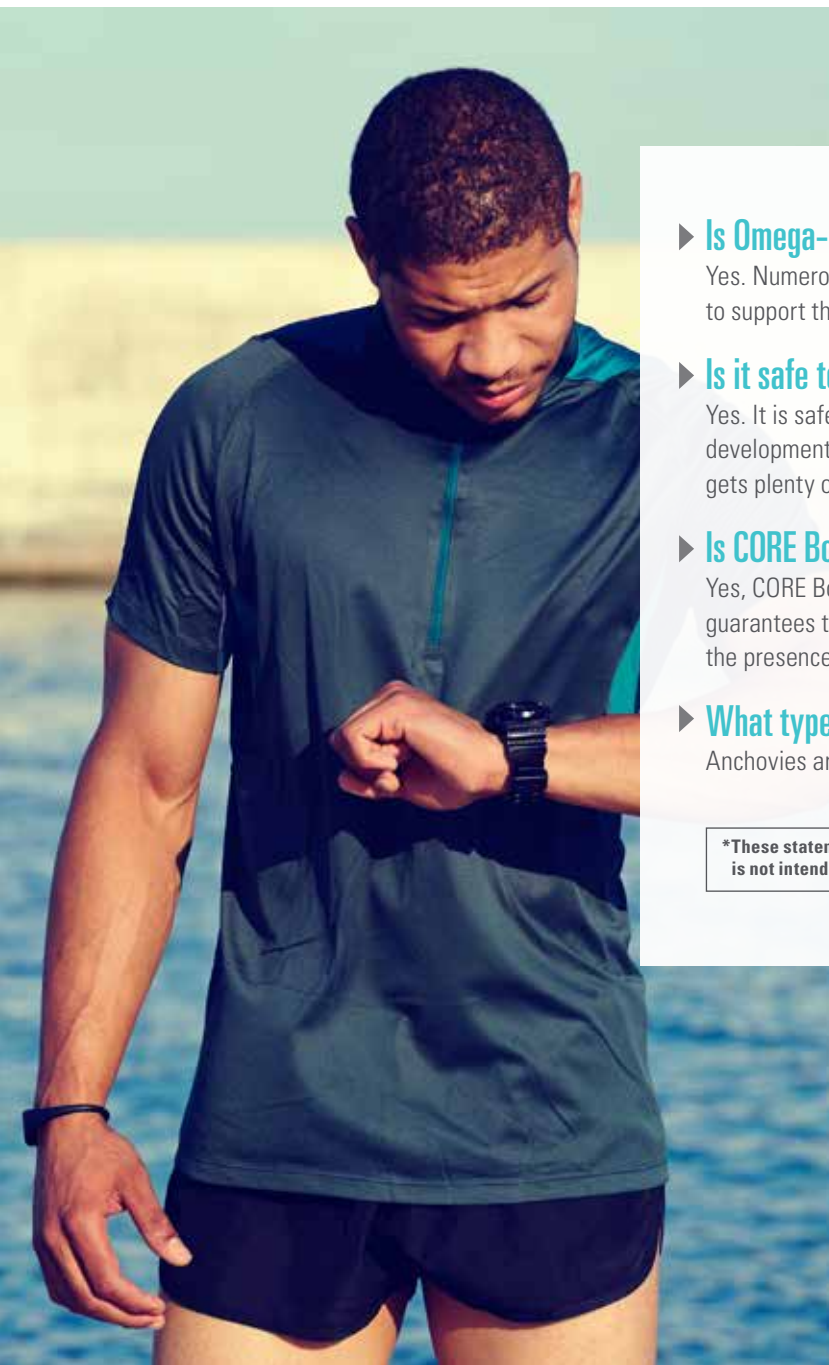
► Is CORE Boost Omega-3 molecularly distilled?

Yes, CORE Boost Omega-3 is molecularly distilled. This processing technique guarantees the production of high purity EPA/DHA Omega-3 fish oils and minimizes the presence of impurities.

► What type of fish is used for CORE Boost Omega-3?

Anchovies are used in the production of our Omega-3 fish oils.

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CORE BOOST // OMEGA-3 Supplement Facts

Supplement Facts

Serving Size 2 softgels

Servings Per Container 30

	Amount Per Serving	%Daily Value*
Calories	20	
Calories from fat	18	
Total Fat	2g	3%
Saturated Fat	0.5 g	1%
Monounsaturated Fat	0.5 g	†
Polyunsaturated Fat	1 g	†
Omega-3 (from fish oil)	2000 mg	†
Total Omega-3 Fatty Acids	1280 mg	†
EPA	660 mg	†
DHA	440 mg	†
Other Omega-3 Fatty Acids	180 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Recommended Use:

Take 2 softgels daily, preferably with a meal.

Contains: Fish oil and an ingredient derived from soy.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF THE SEAL HAS BEEN BROKEN OR TAMPERED WITH. STORE IN A COOL, DRY PLACE.

Other ingredients: Gelatin, glycerin, water, natural flavor, sunflower oil, and mixed tocopherols.