



True Omega-3 60, 120 & 240

"Omega-3 fatty acids benefit the heart of healthy people, and those at high risk of, or who have, cardiovascular disease." **-American Heart Association**

Dosage: May vary from 2 -4 capsules a day (maintenance) to 6-8 capsules a day (therapeutic). **Most baby boomers take 3 in the morning and 3 in the evening.** Take in 2 doses, one in the morning upon awakening and one in the evening just before bed. If you are working on regulating your blood lipid profile, 3 in the morning and 3 in the evening is recommended. Garey's Signature Guarantee: I personally stand behind my products, my website and my staff. If you have any concerns, please *contact me for a quick response!* Thank you! *My Mission is to share life changing common sense health solutions to alleviate, mitigate and negate chronic, modern illnesses and disease.* I want you to feel better fast, live longer, live healthier and enjoy life more. The only way things can change is to take action. I am here to help you do just that!

Supplement Facts		
Serving Size 1 Softgel		
Amount Per Serving	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
Fish Oil	1,000 mg	*
Typically Providing:		
EPA (Eicosapentaenoic Acid)	400 mg	*
DHA (Docosahexaenoic Acid)	300 mg	*
*Daily Value not established.		

Other ingredients: Gelatin, natural vitamin E, glycerin, and purified water.

Optimal Health Bridge: 1-877-572-3444

Customer Service Number 443-450-4413 //

Health Coach's Phone Number: 443-852-1000

Write to 1539 Merritt Blvd Suite 142, Baltimore, MD 21222

Fax: 443-408-1600 www.OptimalHealthBridge.com Reach us on FACEBOOK search for Optimal Health Bridge



Smile!

Garey Simmons is a holistic health coach, dietary supplement expert and board certified by the American Association of Drugless Practitioners. Garey turned his health challenges around in just a few months by using Omega-3 supplements. Garey is a graduate of the New York Institute of Integrative Nutrition and lives in Baltimore, MD and is the father of ten children.

"Smile at the fact your body works flawlessly 99% of the time!"

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