

# BRAIN BENEFITS™

MADE WITH  
**NON  
GMO**  
INGREDIENTS

## Power Your Brain with this EPA and DHA Liquid\*

- Promotes Memory, Learning, Concentration, and Mood\*
- Encourages a Healthy Immune Response\*
- Excellent Support for Heart, Joints, Hair, Skin, and Nails\*
- Delicious, High-Quality, Omega-3 Liquid

### Give your Body an Omega-3 Oil Change

Age-old wisdom tells us that a diet high in fish is healthy. In fact, eating fish every week can improve brain performance and reduce the risk of cognitive decline.\* Some experts think that a diet high in fish is why the human brain is so large and intelligent.

The health-promoting benefits of fish are primarily due to the omega-3 fatty acids, EPA and DHA.\* Omega-3 fatty acids are present in every cell of the body. Unfortunately, the modern diet is loaded with unhealthy and inflammatory omega-6 fatty acids. Too many omega-6 fats can push omega-3s out of the cell, leading to forgetfulness, heart issues, and joint discomfort.\*

### Improve Your Brain Function with Brain Benefits™\*

Omega-3 fatty acids are super concentrated in the brain- our fattiest organ. They can do wonders for cognitive function, especially memory, focus, and mood.\* DHA and EPA help the brain learn new things, with less effort.\* They may even change the brain's structure, making space for more brain cells.\* Omega-3s protect the brain from wear and tear.\* That means you think more clearly and quickly, no matter your age.

DHA and EPA aren't just great for the brain, they promote heart health, comfortable joints, and beautiful skin, nails, and hair.\* You will look, feel, and perform at your best.

### High-Quality, Delicious, and Convenient DHA and EPA Supplement

Brain Benefits™ has a delightful cherry orange flavor. Sweetened with monk fruit, you can easily add it to food or drinks. It boasts high levels of DHA and EPA to support the brain, heart, and joints.\* Made from wild-caught fish, Brain Benefits™ is 3rd party tested to ensure it's free from significant levels of heavy metals or contaminants.\*

**Suggested Use:** As a dietary supplement, take 1 teaspoon (5 ml) daily, or as directed by your healthcare practitioner.

## Supplement Facts

Serving Size 1 Teaspoon (5 ml)  
Servings Per Container 40

Amount Per Serving	% Daily Value
<b>Calories 40</b>	
Total Fat 4.5 g	6%†
Saturated Fat 1 g	5%†
Fish Oil & Tuna Oil Blend 4,415 mg	*
Yielding:	
Eicosapentaenoic Acid (EPA) 537 mg	*
Docosahexaenoic Acid (DHA) 645 mg	*

†Percent Daily Values are based on a 2,000-calorie diet.  
\*Daily value not established

Other ingredients: natural flavors, mixed tocopherols, rosemary leaf extract, luohanguo fruit extract, ascorbyl palmitate.

**Contains: Fish (anchovy, mackerel, sardine, tuna).**

**Warning:** If pregnant or nursing, consult your healthcare practitioner before taking this product.

GLUTEN FREE / DAIRY FREE

\*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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