



## Forever Arctic Sea®

*Super Omega-3 Natural Fish & Calamari Oils with Olive Oil*

New and improved Forever Arctic Sea® now contains a proprietary blend of DHA-rich Calamari Oil, ultra-pure Omega-3 Fish Oil and High Oleic Olive Oil. This unique blend is exclusive to Forever Living and provides not only 33% more DHA per day, but creates the perfect balance of DHA and EPA for optimal health and wellness.

### The Critical Omega-3:Omega-6 Balance

There is an important balance that most people do not fully understand when it comes to Omegas. Historically, nutritionally balanced diets contained a healthy ratio of Omegas as 1:1 up to 1:4 DHA:EPA. Unfortunately, many diets include unhealthy levels of Omega-6's which are traditionally derived from fried foods, vegetable oils, fake butter products, grain-fed animal fat and other modern convenience and processed foods. In addition, many diets are low in fish and Omega-3 consumption, which creates an unhealthy ratio of Omega-6: Omega-3 as high as 30:1! The key to getting back to a healthy ratio of DHA:EPA is increasing Omega-3 consumption and reducing Omega-6 intake.

Forever Arctic Sea® has been improved to not only increase the total amount of Omega-3's you get per serving, but also has significantly increased the amount of DHA per dose.

DHA Omega-3 is naturally found throughout the body and is most abundant in the brain, eyes and heart. Just as calcium is essential for building strong bones, DHA ensures that the cells in the brain, retina, heart and other parts of the nervous system develop and function properly through all stages of life. Additionally, DHA intake has been associated with a decreased risk of mental decline associated with aging. No other fatty acid demonstrates this relationship.

Supplement Facts	
Serving Size 2 Softgels	
Servings Per Container 60	
Amount Per Serving	% Daily Value
Calories 10	
Calories From Fat 10	
Total Fat 1g	2%*
Vitamin E 1 IU	3%*
Omega-3 fatty acids 435 mg	†
EPA (eicosapentaenoic acid) 200 mg	†
DHA (docosahexaenoic acid) 200 mg	†
Oleic acid (from olive oil) 100 mg	†
* Percent Daily Values are based on a 2,000 calorie diet.	
† Daily Value not established.	

Ingredients: Natural fish oil, calamari oil, gelatin, olive oil, glycerin, purified water, lemon oil (natural flavor), lime oil (natural flavor), and d-alpha tocopherol.

**Contains fish (anchovy, salmon, cod)**

CONTENTS  
120 Softgels

### SUGGESTED USE

Take 2 softgels with meals three times daily as a dietary supplement.



- Custom Omega-3 ratio to mimic a diet rich in seafood
- All-natural citrus flavor for a pleasant aroma and minimal fishy flavor
- Ocean friendly and responsibly sourced
- Pure source of EPA and DHA



PRODUCT #376

\* The statements contained herein have not been evaluated by the FDA. The products discussed are not intended to diagnose, treat, cure or prevent a specific disease or class of diseases. You should consult your family physician if you are experiencing a medical problem.