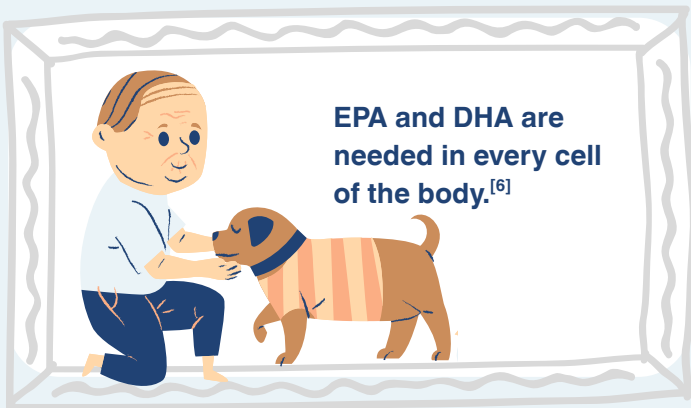
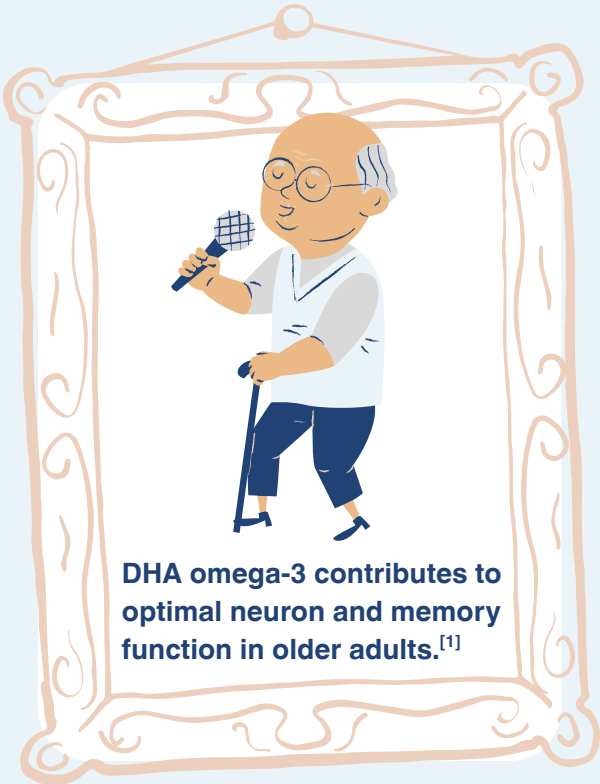


Omega-3s & Healthy Aging:

Add Life to Your Age

EPA and DHA omega-3s are critical for maintaining health across your lifespan. These nutrients contribute to heart, brain and eye health — making them an important part of healthy aging and helping you add life to your age.



Learn more at:

 **AlwaysOmega3s.com**

Aim for at least 500 mg of EPA+DHA per day.

Eating two servings of fatty fish per week or taking a daily omega-3 supplement can help you reach this goal.

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