



ACTIVE AND HEALTHY EVERY DAY

Soft fat that is easy to use.



Certified from Sustainable Fisheries
friendofthesea.org

Fish oil Blackcurrant seed oil Sea buckthorn seed oil Rosemary and roseroot

ARCTIC OILS

Fish oil and berry seed oils

OMEGA-3 / OMEGA-6 / OMEGA-9

The nutrient-rich and vital combination of blackcurrant, sea buckthorn and fish oil. Arctic Oils is made of fatty acids, their precursors as well as the roseroot and rosemary that enhance their effect. You will get all of the most important fatty acids and antioxidants in a balanced ratio.

We need fat

60 % of our brains is made of fat. We have about 10^{16} cells in our body. Cell surfaces are made of fat. Every second, more than 5,000,000 new red blood cells are generated. The fatty acid metabolism in the human body requires many different fatty acids, triglycerides and other nutrients.

Fatty acids in Arctic Oils

OMEGA-3

Eicosapentaenoic acid (EPA)
Docosahexaenoic acid (DHA)
Alpha-linolenic acid (ALA)
Eicosatetraenoic acid (ETA)
Stearidonic acid (SDA)

OMEGA-6

Linoleic Acid (LA)
Gamma linolenic acid (GLA)

OMEGA-9

Oleic acids (OA)

Arctic Oils has been awarded the esteemed international Friend Of The Sea certification.

This certificate ensures that we do our part in preserving marine ecosystems, and that the fish oils in our products are sourced sustainably.

Product information / EN / 2021

ARCTIC OILS

Fish oil and berry seed oils

Nutritional supplement / **100 pcs** / 75 g

Recommended daily dosage 2 capsules contain:	
Fish oil	824 mg
Omega-3 fatty acids	546 mg
Eicosapentaenoic acid (EPA)	264 mg
Docosahexaenoic acid (DHA)	178 mg
Blackcurrant seed oil	100 mg
Sea buckthorn seed oil	50 mg

Ingredients:

Fish oil concentrate, gelatin (capsule casing), humectant (glycerol), blackcurrant seed oil, sea buckthorn seed oil, stabilizer (silica), rosemary extract, roseroot extract, natural lemon flavour, colour (caramel).

The recommended daily dosage must not be exceeded. Nutritional supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. Keep out of reach of small children. Store in a cool place.

Country of origin: Norway

Country of origin (fish oil): South America

Manufacturer: Arctic Nutrition

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Arctic quality guarantee

STRAIGHT FROM NATURE

We use ingredients straight from nature, such as berries and fruit.

JUST THE ESSENTIALS

Our products only contain the most nutritious parts of the ingredients.

ADVANCED TECHNOLOGY

We protect the ingredients during the manufacturing process, preserving the delicate nutrients.

QUALITY GUARANTEE

We manufacture our products in accordance with the international GMP and ISO quality standards.