



# Merry Mind Omega 3

**1000 mg EPA, 100 mg DHA**

Mood Enhancer

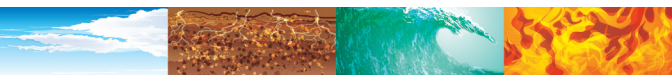


- Elevates mood
- Strengthens nervous system performance
- Potent daily dose of 1000 mg of EPA and 100 mg of DHA per softgel

**ISO 17025**  
Accredited Laboratory



[newrootsherbal.com](http://newrootsherbal.com)



# Merry Mind Omega 3

**1000 mg EPA, 100 mg DHA**



New Roots Herbal's **Merry Mind Omega 3** delivers a potency-validated, therapeutic dose of 1000 mg of EPA complimented with 100 mg of DHA per softgel.

DHA serves more of a structural role in brain development and composition as EPA demands become more pronounced during grade school years, adolescence, and beyond. Studies demonstrated that EPA supplementation can help with behavior, attention span, academic performance, and general demeanor. EPA also exerts a hormonal influence throughout the body, which benefits mental health in particular.

EPA acts as a mediator for cellular inflammation within the brain. Reducing inflammation allows neurotransmitters such as dopamine and serotonin to exert their positive effects on mood. This essential omega is not produced by the body and is extremely vulnerable to oxidative stress. A dynamic supply of this critical compound is invaluable for ongoing mental health with a particular emphasis on disposition.

Mayo Clinic psychiatrist Dr. Daniel Hull-Flavin stresses the therapeutic role of EPA supplementation in the correlation between symptoms of depression and low levels of EPA. He acknowledges the beneficial role EPA can play even for those taking prescribed medication for mental health concerns.

Populating the brain and central nervous system with EPA in highly concentrated supplemental form could prove to be a crucial, side effect-free intervention for your ongoing mental health and happiness.

## Each softgel contains:

Fish oil (omega-3s from wild, deep-sea whole sardines [*Sardina pilchardus*] and whole anchovies [*Engraulis encrasicolus*]) ..... 1366 mg

### Providing omega-3 fatty acids, including:

Eicosapentaenoic acid (EPA) .....	1000 mg
Docosahexaenoic acid (DHA) .....	100 mg
Other omega-3s .....	71 mg

Our Wild Omega-3 oils are pharmaceutical grade.

**Other ingredients:** Natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

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## Suggested use:

**Adults:** Take 1 softgel daily or as directed by your health-care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

HP2163

