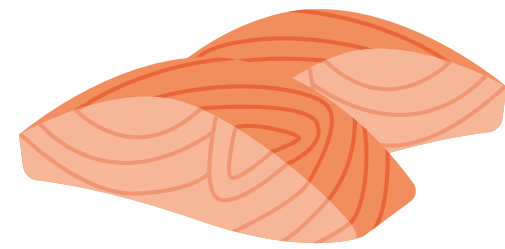


daily serving of omega 3

epa/dha



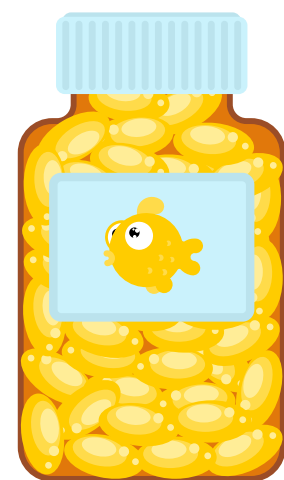
FISH
3.5 OZ



SARDINES
1 CAN/3.5 OZ



ALGAE OIL
1000 MG



FISH OIL
1000 MG

ala



HEMP SEEDS
1 TBSP



WALNUTS
2 TBSP



CHIA SEEDS
1 TBSP



FLAX SEEDS
1 TBSP

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