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› HUM OMG! Omega The Great - Triple Omega 3 Fish Oil Supplement with DHA, EHA & Vitamin E to Support Bright & Even Skin Tone - Gluten Free & Non-GMO (60-Count)

HUM 006S

HUM OMG! Omega The Great - Instruction Manual

Model: 006S

1. PRODUCT OVERVIEW

The HUM OMG! Omega The Great is a premium triple omega 3 fish oil supplement formulated to support various aspects of health, including bright and even skin tone, heart health, and brain function. This dietary supplement is designed to provide essential fatty acids, specifically EPA and DHA, along with Vitamin E, to promote overall well-being.



Figure 1: HUM OMG! Omega The Great product bottle and softgels.

Each bottle contains 60 softgels, providing a 30-day supply when taken as directed. The formulation is free of artificial colors, flavors, and preservatives, and is non-GMO, soy-free, and gluten-free. All ingredients are clinically-proven and independently tested for purity and potency.

2. KEY BENEFITS

This supplement offers a range of benefits due to its carefully selected ingredients:

- **Skin Tone Improvement:** Helps to brighten and even out skin tone, contributing to a healthier complexion.
- **Skin Healing:** Provides omega 3 fatty acids known for their skin healing properties.
- **Heart Health Support:** Contributes to cardiovascular well-being.
- **Brain Health Support:** Supports cognitive function and brain health.
- **No Fishy Aftertaste:** Formulated to avoid the common fishy aftertaste associated with omega supplements.



Figure 2: Visual representation of key benefits: Brightens Skin, Brain Health, and Heart Health.

Expected results typically manifest within four to six weeks of consistent use.

3. INGREDIENTS

The primary active ingredients in HUM OMG! Omega The Great include:

- **Ultra-Pure Fish Oil:** Sourced sustainably, providing an ideal ratio of EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid).
- **Vitamin E (as d-alpha Tocopherol):** Included to promote glowing skin and act as an antioxidant.

For a complete list of ingredients and their nutritional values, please refer to the Supplement Facts table below:

OMG! OMEGA THE GREAT

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

	Amount Per Serving	%DV
Calories	20	
Total Fat	2 g	3%†
Vitamin E (as d-alpha Tocopherol)	13.4 mg	89%
Omega-3 Fatty Acids (from anchovies)	1400 mg	**
EPA (Eicosapentaenoic Acid)	800 mg	
DHA (Docosahexaenoic Acid)	400 mg	
Other Omega-3's	200 mg	

†Percent Daily Values (DV) are based on a 2,000 calories diet.

**Daily Value (DV) not established.



Other Ingredients: natural lemon flavor oil, natural orange oil, gelatin capsule (bovine gelatin, glycerin, purified water), sodium alginate, glycerin, modified corn starch.

Contains NO: milk, eggs, shellfish, tree nuts, peanuts, wheat, soy, sesame.

Contains: fish (anchovy).

Figure 3: Supplement Facts for HUM OMG! Omega The Great.

Contains: Fish (anchovy).

Does NOT contain: Milk, eggs, shellfish, tree nuts, peanuts, wheat, soy, sesame.

4. USAGE INSTRUCTIONS

For optimal results, follow these instructions:

1. **Dosage:** Take 2 softgels daily.
2. **Timing:** Consume with food.
3. **Consistency:** For best results, take consistently every day.

5. SAFETY INFORMATION AND PRECAUTIONS

Please read the following safety information carefully before using this product:

- These statements have not been evaluated by the Food and Drug Administration. This product is not intended

to diagnose, treat, cure, or prevent any disease.

- Consult with a healthcare professional before starting any new supplement, especially if you are pregnant, nursing, have a medical condition, or are taking any medications.
- Do not exceed the recommended dosage.
- Keep out of reach of children.
- Discontinue use and consult a physician if any adverse reactions occur.

6. STORAGE AND MAINTENANCE

To maintain the quality and efficacy of your HUM OMG! Omega The Great supplement:

- Store in a cool, dry place.
- Keep the bottle tightly closed when not in use.
- Avoid exposure to excessive heat or direct sunlight.

7. TROUBLESHOOTING AND FAQs

Common questions and potential issues:

Q: What if I miss a dose?

A: If you miss a dose, simply take your next dose at the regularly scheduled time. Do not double the dose to catch up.

Q: Why is there no fishy aftertaste?

A: HUM OMG! Omega The Great is formulated with ultra-pure fish oil and natural lemon/orange flavor to minimize or eliminate any fishy aftertaste commonly associated with omega supplements.

Q: How long until I see results?

A: Most users begin to see noticeable results within four to six weeks of consistent daily use.

8. PRODUCT SPECIFICATIONS

Feature	Detail
Brand	HUM
Product Name	OMG! Omega The Great
Item Model Number	006S
UPC	855514005047
Unit Count	60 Softgels
Item Form	Softgel
Product Dimensions	2 x 1 x 4 inches
Item Weight	4.66 ounces
Manufacturer	HUM Nutrition

9. WARRANTY AND SUPPORT

For any questions, concerns, or support regarding your HUM OMG! Omega The Great supplement, please contact HUM Nutrition directly. While specific warranty details for dietary supplements are typically not applicable in the same way as electronics, HUM Nutrition is committed to product quality and customer satisfaction.

You can find more information and contact details on the official HUM website or through their Amazon Brand Store:

- **HUM Nutrition Official Website:** www.humnutrition.com
- **HUM Amazon Brand Store:** Visit HUM Store on Amazon