

360mg Omega-3 MINI Softgels

Generic 360mg Omega-3 Fish Oil MINI Softgels User Manual

Model: 360mg Omega-3 MINI Softgels

1. INTRODUCTION

This manual provides essential information for the safe and effective use of Generic 360mg Omega-3 Fish Oil MINI Softgels. These softgels are formulated to provide omega-3 fatty acids, supporting heart, brain, and vascular health. Please read this manual thoroughly before use and retain it for future reference.

2. SAFETY INFORMATION AND WARNINGS

Important: 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.
- Store in a cool, dry place, away from direct sunlight.
- Discontinue use and consult a physician if any adverse reactions occur.
- Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. SETUP

Upon receiving your Generic 360mg Omega-3 Fish Oil MINI Softgels:

1. Inspect the packaging for any signs of damage or tampering. Do not use if the seal is broken.
2. Ensure the product is stored according to the "Maintenance" section below to preserve its quality.



Image 1: Bottle of Generic 360mg Omega-3 Fish Oil MINI Softgels. The bottle is white with a blue label, showing the product name and key features.

4. OPERATING (USAGE)

Follow these guidelines for taking your Omega-3 softgels:

- **Recommended Dosage:** Take as directed by your healthcare professional or follow the instructions on the product label. Typically, this involves taking one or more softgels daily with food.
- **Administration:** Swallow the softgel whole with water. Do not chew or crush.
- **Consistency:** For best results, take the softgels consistently at the same time each day.

5. MAINTENANCE

Proper storage ensures the longevity and efficacy of your softgels:

- **Storage Temperature:** Store at room temperature, ideally between 59°F and 77°F (15°C and 25°C).
- **Environment:** Keep the bottle tightly closed in a dry place, away from excessive heat, moisture, and direct sunlight.
- **Expiration Date:** Refer to the expiration date printed on the bottle. Do not use the product past this date.

6. TROUBLESHOOTING

If you encounter any issues while using the product, consider the following:

- **Fishy Aftertaste:** While these softgels are designed to minimize fishy aftertaste, some individuals may still experience it. Taking the softgel with a meal or chilling the softgels before consumption may help.
- **Digestive Upset:** If you experience mild digestive upset, try taking the softgel with a larger meal or splitting the dose throughout the day. If symptoms persist, discontinue use and consult a healthcare professional.
- **Missed Dose:** If you miss a dose, take it as soon as you remember, unless it is almost time for your next dose. Do not double the dose to catch up.
- **Allergic Reaction:** If you suspect an allergic reaction (e.g., rash, itching, swelling, severe dizziness, trouble breathing), seek immediate medical attention.

7. SPECIFICATIONS

Feature	Detail
Product Name	360mg Omega-3 from Fish Oil MINI Softgels
Brand	Generic
Omega-3 Content per Softgel	360 mg
Count per Bottle	300 Softgels
Source	Wild-caught Alaskan fish oil (Sustainably Sourced, MSC-certified)
Form	Mini Softgel
Key Benefit	Supports heart, brain, and vascular health
Special Features	Small, easy-to-swallow, no fishy aftertaste, advanced filtration process

8. WARRANTY AND SUPPORT

Warranty Information: Specific warranty details for Generic brand products may vary. Please refer to the product packaging or contact the manufacturer directly for any warranty-related inquiries.

Customer Support: For questions, concerns, or assistance regarding your Generic 360mg Omega-3 Fish Oil MINI Softgels, please contact the manufacturer or your retailer. Contact information is typically available on the product label or their official website.