

HIGH QUALITY FISH OIL

Purified up to five times to eliminate toxins, impurities and fishy taste, TG Omega-3 offers 2,200 mg of EPA and DHA combined per serving. Our fish oil contains equal amounts of EPA and DHA as compared to other fish oil on the market. This ensures you are getting more of the beneficial omega-3s you are after!



HOW MUCH IS NEEDED?

The average American consumes only 90 mg of omega-3s per day⁵ which is far short of the minimum recommended daily dose of omega-3s (450-500 mg⁶). But different situations require more than the minimum amount of omega-3s. To significantly reduce systemic inflammation, maintain cognitive health, or address cardiovascular issues, a higher daily intake is recommended and backed by science.⁷ In addition, omega-3s have been shown to be beneficial for dry eyes. A daily dose of 2200 mg (4 softgels of TG Omega-3) has been shown to reduce ocular surface inflammation, improve natural secretion of the eyes' lubricating system, and promote comfort in dry eye patients.⁸

TG OMEGA-3 FISH OIL

(866) 704-0845
info@macuhealth.com

Use this code for a discount on your first order:

Nutrition you can see

SUPPLEMENT FACTS

Serving Size: 4 Softgels, Servings Per Container: 30

Amount Per Serving		% DV**
Calories	35	
Calories from Fat	30	
Total Fat	3.5 g	5%
Cholesterol	< 10 mg	2%
Protein	1 g	2%
Total Omega-3	2,450 mg	†
EPA	1,100 mg	†
DHA	1,100 mg	†
Other Omega-3	250 mg	†

** % Daily Value (DV) based on a 2,000 calorie diet
† Daily Value not established

Other Ingredients: Fish Oil, Gelatin, Glycerin, Purified Water, Natural Lemon Flavor, Antioxidant (Rosemary Extract, Sunflower Oil, Natural Tocopherols, Ascorbyl Palmitate).
Contains: Fish (Anchovy, Sardine, Mackerel)

Directions: Take up to 4 softgels daily, preferably with a meal.



© 2025 MacuHealth Distribution - All rights reserved.

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.

References:

- Horrocks and Yeo. 1998. doi: 10.1006/phrs.1999.0495.
- Heilesen et al. 2023. doi: 10.1249/MSS.0000000000003332.
- Serhan et al. 2018. doi:10.1016/j.mam.2017.08.002.
- Dyerberg et al. 2010. doi:10.1016/j.plefa.2010.06.007.
- Thompson et al. 2019. doi:10.3390/nu11010177.
- https://odphp.health.gov/sites/default/files/2019-09/2015-2020_Dietary_Guidelines.pdf.
- Siscovick et al. 2017. doi:10.1161/CIR.0000000000000482.
- Craig et al. 2017. doi:10.1016/j.jtos.2017.05.008.

TF-TG3-20250611-V9_PV1



TG OMEGA-3 FISH OIL



www.macuhealth.com

OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are polyunsaturated fats that perform critical functions throughout your body from muscle activity to cell growth. As important as they are to all cell membranes, they are concentrated in high levels in your eyes and brain. Omega-3s also support your body's cardiovascular, pulmonary, immune and endocrine systems. Unfortunately, your body cannot create these essential nutrients, so they must be obtained through your diet.



BENEFITS OF FISH OIL

Brain & Eye Health

DHA, a form of omega-3, is the major fatty acid component of both the retina and brain, where it provides functional and health benefits.¹

Health & Fitness

Fish oil supplementation is associated with enhanced muscle recovery after intense exercise.²

Inflammation

The body turns EPA and DHA into healing molecules called Specialized Pro-Resolving Mediators (SPM). These molecules have been found to actively calm inflammation.³



TRUSTED SOURCE

We prioritize environmental sustainability by ethically acquiring the raw materials for TG Omega-3. We use small fish caught in open water in a manner that is certified by Friend of the Sea, the leading certification standard for products and services which respect and protect the marine environment. In addition, each bottle offers the ability to trace the source of its ingredients.

WHAT IS EPA, DHA, AND rTG?

Fatty acids are the building blocks of the fat in our bodies and in the food we eat. During the process of digestion, the body breaks down fats into fatty acids, which can then be absorbed into the blood. Fish oil contains two key components called docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). DHA and EPA are essential fatty acids because they cannot be created by the body — you need to get them from your diet or supplementation.

When looking at a fish oil supplement, the formulation type matters. A re-esterified form of EPA and DHA is the same, natural form found in fish, whereas an ethyl ester form is synthetic. Our re-esterified triglyceride (rTG) formulation has significantly higher bioavailability than a cheaper ethyl ester (EE) form.⁴ The rTG process takes natural fish oil, breaks it down to clean it and concentrate the EPA and DHA, and then reassembles it into the natural rTG form. This means better tolerability and absorption than an EE formulation.

DOCTOR RECOMMENDED

TG Omega-3 Fish Oil was developed to meet the needs of the most demanding consumer. Our re-esterified formula features a balanced ratio of EPA and DHA in easy-to-swallow softgels. Working with your doctor, you can customize the dosing based on your specific needs. TG Omega-3 Fish Oil is distilled up to 5 times to eliminate toxins and fishy taste which makes getting your daily dose of fish oil a pleasant experience.



THIRD PARTY TESTED

Every batch of TG Omega-3 is verified by a third party to ensure what's on the label is inside the bottle. In addition, every batch is tested for safety and stability over the shelf life of the product.

Ask your doctor
how TG Omega-3
can help!

Learn more at
[MacuHealth.com](https://www.MacuHealth.com)

