

Fish oils that work

We make the best fish oils in the world because we want you to feel better. Lion Heart capsules are packed full of Omega 3, easy to swallow and super convenient.

Daily dose

Four 500mg capsules a day provide an excellent level of EPA & DHA, equivalent to a tin of sardines.

	Adults, pregnant women & children over 12
Daily dose size	4 x 500mg capsules
Total Omega 3	1,460mg
Total EPA	860mg
Total DHA	440mg



Tips for taking

It's best to take your capsules with meals - either all at once or spread throughout the day. Taking Lion Heart with food helps your body absorb it, and it can help you get into the habit of taking Omega 3.

We don't recommend breaking the capsules open to give to children as it's a bit fiddly and you'll waste some of the oil. If you really want to you can, but a better option might be Lion Heart liquid or their very own Super Hero for kids.

No unnecessary ingredients

We use sustainably sourced fish gelatin because we just think it's wrong to put fish oil inside beef or pork gelatin, especially if you don't eat meat.

We don't add any flavour because there's nothing to taste; it means it's also suitable for people with citrus allergies.

We add a tiny bit of Vitamin E - a natural anti-oxidant that helps preserve the freshness of the fish oil.

Safe for pregnancy & breastfeeding

Unlike fish liver oils, Lion Heart doesn't contain any Vitamin A (which can be harmful in large doses during pregnancy).

We also have a capsule specifically for pre-conception, pregnancy & breastfeeding called Bump & Glory. One daily capsule provides an optimum dose of DHA, which is critical for both mother & baby.



Note of caution. We recommend you consult a doctor if you:

Have any health concerns or serious medical conditions. Take regular medication such as blood thinners. Are about to have surgery.

Omega 3. What a gift from nature. It nourishes the whole of your body for the whole of your life. Without it, we just don't work as well.



Proven by thousands of medical trials around the world, it's good for our hearts, brains and eyes. It also helps keep our joints and skin healthy. But we rarely sit down to eat a plate of oily fish, so a pure supplement can make the world of difference.

What does triglyceride (TG) form mean?

TG is the natural structure of most fats and oils. Lots of studies have shown that we absorb it much better because it's easier to digest.

EE (Ethyl Ester) is the most common form of fish oil supplement because it's cheaper to manufacture. It's an artificial, synthetic fat which we find harder to absorb.

Lion Heart certificate of analysis

We think it's important to know exactly what's in a supplement so we publish our Certificate of Analysis on our website. We also have our products independently tested by the International Fish Oil Standards and you can read their detailed report on nutrasource.ca/ifos



Toxins	Lion Heart	IFOS 5 star rating
PCBs	<0.2ppb	<45ppb
Dioxin & Furans	<0.4ppt	<1ppt
Dioxin-like PCBs	<0.03ppt	<1.5ppt
Mercury	<0.005ppm	<0.1ppm
Lead	<0.02ppm	<0.1ppm
Arsenic	<0.05ppm	<0.1ppm
Cadmium	<0.01ppm	<0.1ppm

Important storage detail

Your capsules will remain in peak condition if stored with the lid firmly closed in a cool place. There's no need to refrigerate and you can take them with you when travelling.

Products for all the family

Lion Heart liquid
Omega 3 fish oil

Super Hero liquid
Omega 3 for kids

Bump & Glory
for fertility, pregnancy
and breastfeeding

"More than anything I just want people to feel well...
and we have just the thing for that"

Melanie Lawson, CEO and founder of Bare Biology

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