

# OMEGA + D3



IMMUNE SYSTEM / JOINT MOBILITY / BONE & CARDIOVASCULAR HEALTH

## Recommended Dosage

**1 GEL WITH MEAL, TWICE DAILY**  
(for optimal results)

1 GEL WITH MORNING MEAL

+

1 GEL WITH EVENING MEAL

---

## What else should I take?

### Endurance athletes

We recommend taking Omega + D3 alongside other products to maximise your overall wellbeing, for example Immune Boost or Xendurance tablets.

### CrossFit / Gym athletes

We recommend taking Omega + D3 alongside other products that will aid your overall training, such as Creatine-JB or Xendurance tablets.

## How should I take it?

### Consume alongside food

To help aid absorption, take the tablets alongside your morning / evening meal.

### Take alongside a healthy diet and lifestyle

It is important to ensure your overall diet is healthy and nutritious, containing lots of alkaline based foods that can help to reduce inflammation. Also ensure you follow any protocol set by a trainer / medical professional to help with your pain and discomfort.

---

Non-GMO / Gluten free / Soy free

**TEAM**XND