

## The Very Zest Taste

A daily 500 mg dose of vegan Omega-3 with a science-backed 2:1 ratio of DHA to EPA, designed with a citrus taste and minimal burp-back, all in one capsule.\*



## Supplement Facts

Serving Size: One (1) Vegan Capsule  
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	5	
Total Fat	1 g	1%*
Omega-3 Fatty Acids [from <i>Schizochytrium</i> sp. (whole microalgae)]	500 mg	**
Eicosapentaenoic Acid (EPA)	154 mg	**
Docosahexaenoic Acid (DHA)	308 mg	**

\*Percent Daily Values are based on a 2,000-calorie diet.

\*\*Daily Value (DV) not established.

**Other Ingredients:** Vegan capsule (hypromellose), silica, natural flavor (organic orange oil), mixed tocopherols.

<sup>1</sup>Elantria® Algae Oil

## Key Ingredients & Benefits

### DESIGNED FOR MINIMAL BURP-BACK

A great tasting Vegan Omega-3 DHA & EPA infused with natural citrus oil designed for minimal burp-back.\*

### BRAIN & HEART HEALTH SUPPORT

DHA is a predominant fatty acid in the brain, and Omega-3 DHA & EPA support brain and heart health.\*

### SCIENCE-BACKED DOSE

Omega-3 features a science-backed dose of DHA & EPA in a 2:1 ratio, as found in a healthy Mediterranean diet.\*

## We're Made Traceable®

100% of Ritual's active and other ingredients are Made Traceable™, meaning we publicly share the supplier name and final place of manufacturing for our active and other ingredients. Because transparency is great, but traceability means more—it's the very core of our commitment to quality, safety, and efficacy, and it's how we empower women to make informed choices about what they put into their bodies.

## Testing & Certifications

Each batch of Omega-3 DHA & EPA undergoes extensive third-party testing for heavy metals, microbes, and major allergens. We also test for purity and composition to ensure that what's on the label is what's in the product. That's why we not only conduct our own testing but also achieved Clean Label Project Certification.

The Clean Label Project is considered one of the strictest for protecting consumers from harmful contaminants. It independently tests for 200+ environmental contaminants and harmful chemicals, such as heavy metals (like lead and arsenic), pesticide residues, plasticizers, and antibiotic residues.

## A Thoughtful Design

### PATENTED TECHNOLOGY

Omega-3 oil with patented technology designed to reduce oxidation for a great tasting Omega-3 experience designed for minimal burp-back.\*

### BIOAVAILABLE OMEGA-3

A vegan, bioavailable form of Omega-3 fatty acids from microalgae, sourced from an extraction process that has the environment in mind.\*

### ESSENCED WITH CITRUS

With a citrus essenced tab in every bottle, and omega-3 oil infused with natural citrus oil.