

## SIMPLE VIDEO HOOKS

### Heart / General Wellness

"No one tells you this after 30..."

"I ignored this in my 20s."

"If you don't eat fish often, listen to this."

### Brain / Focus

"If you've been mentally drained lately..."

"This became part of my focus routine."

### Pregnancy

"One thing I didn't want to miss during pregnancy..."

### Joints / Movement

"Why does my body feel older than me lately?"

## SIMPLE CTA OPTIONS

"DM me 'OMEGA' for details"

"Save this for your wellness routine"

"Send this to someone who needs this"

"Comment 'HEALTH' and I'll share more"

## INSTAGRAM STORY IDEAS

### Story 1: Poll

Text: *"Do you eat fish often?"*

### Story 2: Quiz

Text: *"True or False: All fish oils are the same."*

### Story 3: Question Box

Text: *"What's your biggest health goal right now?"*

### Story 4: Myth / Fact

Text: *"Omega-3 is only for older adults."*



## FINAL TIPS

- Share consistently (2-3x weekly)
- Mix lifestyle + education + testimonials
- Use trending audio when suitable
- Repurpose high-performing content
- Keep content simple, relatable, and honest

## HASHTAG

#OmegaGuard

#PureSafeComplete

#Omega3

#ForHeartsMindsMovement