

Pharmaceutical Grade\* and Distilled for Purity

Each serving of Nordic Naturals Omega-3 provides approximately 690 mg of important omega-3 fatty acids, generously fulfilling the daily recommendation by ISSFAL of a minimum of 500 mg per day.® Omega-3 fatty acids are essential for good nutrition and overall wellness.\* Since the body cannot produce these fats, they must be consumed through diet or supplementation.

\*All Nordic Naturals fish oils surpass all pharmaceutical standards for freshness and purity. Every batch is third-party tested, showing no detected levels of heavy metals, dioxins, or PCBs.

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**Suggested Use:** Two soft gels daily, with food, or as directed by your health care professional or pharmacist.

**Store in a cool, dry place, away from sunlight**

**Do not take if tamper evident seal is broken or missing**

**Product protected by U.S. patent #s 6346231 & 6641837**

**Warning:** Consult with your physician before using this product if you are allergic to iodine, use blood thinners, or anticipate surgery.

**Keep out of the reach of children**

\* 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.

Distributed from the U.S. by:  
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Watsonville, CA 95076

Customer Service:  
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www.nordicnaturals.com



NORDIC NATURALS®



Great  
lemon taste!



# OMEGA-3

## PURIFIED FISH OIL

*Natural Triglyceride Form*

Dietary Supplement

Purified fish oil for optimal wellness\*

180 Soft Gels • 1000 mg Purified Fish Oil

### Supplement Facts

Serving Size: 2 Soft Gels

Servings per container: 90

Amount Per Serving	% Daily Value*	
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.6 g	3%
Trans Fat	0 g	†
Vitamin E (d-alpha tocopherol)	30 I.U.	100%
Omega-3s	<b>Weight‡</b>	<b>Volume %</b>
EPA (Eicosapentaenoic Acid)	330 mg	18%
DHA (Docosahexaenoic Acid)	220 mg	12%
Other Omega-3s	140 mg	8%
Total Omega-3s	690 mg	38%
Oleic Acid (Omega-9)	116 mg	6%

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

† Daily Value not established. ‡ Natural Triglycerides

Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, milk derivatives, or artificial colors or flavors.

Contains vitamin E derived from refined soybean oil.

Please ♻️ this container

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