

Mega-DHA is the premier fish oil source of DHA—an essential fatty acid needed for proper eye and brain development, as well as **healthy mental and visual function.***

Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids **may reduce the risk of coronary heart disease.** (See nutrition information for total fat and cholesterol content.)

- **Molecularly distilled**
- **Tested for PCBs**, heavy metals (including mercury) and other impurities
- **No chemical solvents**, sugar, starch, artificial colors, flavors or preservatives

Keep out of reach of children. Safety sealed with printed outer shrink-wrap and inner seal. Do not use if either is broken or missing. Store in a cool, dry place.

◆ LN15682.04 BLK9052



*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Purity
Tested**



EfaGold®

MEGA-DHA

PREMIUM FISH OIL

Molecularly Distilled Plus Vitamin E



50% DHA / 20% EPA

DIETARY SUPPLEMENT 60 SOFTGELS

Recommendation: Take 2 softgels daily. If taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 2 Softgels / Servings per Container 30

Amount Per Serving		% DV
Calories	80	
Calories from Fat	80	
Total Fat	2 g	3%†
Cholesterol	5 mg	2%†
Protein	<1 g	1%†
Vitamin E (as d-alpha tocopherol)	20 IU	67%
Fish Oil (Anchovy)	2 g (2,000 mg)	**
Omega-3 Fatty Acids	1.4 g (1,400 mg)	**
Docosahexaenoic Acid (DHA)	1 g (1,000 mg)	**
Eicosapentaenoic Acid (EPA)	400 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: gelatin (softgel), glycerin

Contains fish (Anchovy).



PLEASE
RECYCLE

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