

Pharmaceutical Grade* and Distilled for Purity

NORDIC NATURALS®



Great
lemon taste!



OMEGA-3

PURIFIED FISH OIL

Natural Triglyceride Form

Dietary Supplement

Purified fish oil for optimal wellness*

8 Fluid Ounces • 237 Milliliters

Supplement Facts

Serving Size: 1 Teaspoon (5 ml) Servings per bottle: 48

Amount Per Serving	% Daily Value*	
Calories	45	
Calories from fat	45	
Total Fat	5.0 g	8%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	†
Vitamin E (d-alpha tocopherol)	30 I.U.	100%
Omega-3s	Weight*	Volume %
EPA (Eicosapentaenoic Acid)	825 mg	18%
DHA (Docosahexaenoic Acid)	550 mg	12%
Other Omega-3s	350 mg	8%
Total Omega-3s	1725 mg	38%
Oleic Acid (Omega-9)	290 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), natural lemon flavor, 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

Each serving of Nordic Naturals Omega-3 liquid provides approximately 1725 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: One teaspoon daily, with food, or as directed by your health care professional or pharmacist.

Do not take if tamper evident seal is broken or missing

Refrigerate after opening

Best if used within 3 months after opening

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:
NORDIC NATURALS, INC.
Watsonville, CA 95076

Customer Service:

800.662.2544

www.nordicnaturals.com



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