

Pharmaceutical Grade* and Distilled for Purity

NORDIC NATURALS®



A burst of lemon!



OMEGA-3

PURIFIED FISH OIL

Natural Triglyceride Form

Dietary Supplement

Please ♻️ this container

Supplement Facts

Serving Size: **2 Soft Gels** Servings per container: **60**

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	Weight†	Volume %
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, yeast, milk derivatives, or artificial colors or flavors. Contains vitamin E derived from refined soybean oil.

Purified fish oil for optimal wellness*

120 Soft Gels • 1000 mg Purified Fish Oil

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 600 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.

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