

Pharmaceutical Grade | Guaranteed Purity

NORDIC NATURALS®



- ✓ Radiant Skin*
- ✓ Positive Mood*
- ✓ Flexible Joints*

Great lemon taste!



COMPLETE™ OMEGA

1270 mg Omega-3/170 mg GLA

The complete omega "multi" with omegas 3, 6, and 9 for healthy skin, joints, and cognition*

Superior Triglyceride Form



Fish oil processed in Norway.
Distributed from the U.S. by:
NORDIC NATURALS, INC.
Watsonville, CA 95076
800.662.2544
nordicnaturals.com
nordicnaturals.com/nongmo

Dietary Supplement | 8 fl oz/237 mL

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	1.0 g	5%
Trans Fat	0 g	†
Omega-3s	1270 mg	†
EPA (Eicosapentaenoic Acid)	610 mg	†
DHA (Docosahexaenoic Acid)	405 mg	†
Other Omega-3s	255 mg	†
Omega-6s	500 mg	†
GLA (Gamma-Linolenic Acid)	170 mg	†
Omega-9s	500 mg	†
OA (Oleic Acid)	400 mg	†

Please recycle this container

Rev.E-01

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), borage seed oil (*Borago officinalis*), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

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

Complete Omega™ offers omega-3s from fish oil, omega-6 GLA from borage oil, and omega-9 oleic acid. This balanced blend promotes heart health, brain function, and a positive mood, and offers support for healthy joints and skin.*

Wild caught. Pure. No fishy aftertaste. Friend of the Sea certified.

Every batch of Nordic Naturals fish oils is tested by a third-party certified lab for environmental toxins, including heavy metals. All fish oils are in the triglyceride form and surpass the strictest international standards for purity and freshness. Certificates of Analysis available upon request.

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

Keep out of the reach of children

Nordic Naturals products are never sold under any store brand

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

* 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.

