



for *Teens*

# Smart Catch®

**Omega-3s DHA & EPA**



DIETARY SUPPLEMENT

Promotes a Healthy Mood\*

90 Soft Gels: 1000 mg

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

1611-2b

7.8125" x 2.875"

250cc

## Supplement Facts

Serving Size 1 Soft Gel

	Amount Per 1 Soft Gel	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Cholesterol	<5 mg	2%
Vitamin E (as natural d-alpha tocopherol)	10 IU	33%
Norwegian Fish Oil	1000 mg	†
Total Omega-3 Fatty Acids*	350 mg	†
DHA (Docosahexaenoic Acid)*	120 mg	†
EPA (Eicosapentaenoic Acid)*	180 mg	†

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

† Daily Value (DV) not established. \*Reported as triglycerides.

Other Ingredients: Natural tocopherols, natural lemon flavor. Soft Gel Shell: Beef gelatin, glycerin, water. Contains fish (anchovy, sardine, mackerel).

**Directions:** Teens take one soft gel one to three times daily, **at mealtime.**

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.  
Arlington Heights, IL 60004 • 888-234-5656 • 847-255-1000  
www.carlsonlabs.com • **An FDA Regulated Facility**

*Carlson* Specializing in the finest Norwegian fish oils since 1982

**Smart Catch®** provides EPA and DHA which is vital for growing teens. Omega-3s are essential for a healthy mind and body.\*

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

✓ **Gluten-free** ✓ **Preservative-free**

**PURITY GUARANTEED**

This product is regularly tested (using AOAC international protocols) for freshness, potency and purity by an independent, FDA-registered laboratory and has been determined to be fresh, fully-potent and free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.



1611-2b