

Carlson.

The Finest Norwegian Fish Oil

## Supplement Facts

Serving Size 1 Teaspoon (5 mL)

Servings Per Container 40

	Amount Per Teaspoon	% DV
Calories	40	
Calories from Fat	40	
Total Fat	4.5 g	7%**
Saturated Fat	1 g	5%
Polyunsaturated Fat	2 g	†
Monounsaturated Fat	1 g	†
Cholesterol	15 mg	5%
Vitamin E (as natural d-Alpha Tocopherol)	10 IU	33%
Omega-3 Fatty Acids <sup>†</sup>	1,600 mg	†
EPA (Eicosapentaenoic Acid) <sup>†</sup>	800 mg	†
DHA (Docosahexaenoic Acid) <sup>†</sup>	500 mg	†

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

† Daily Value (DV) not established. <sup>†</sup>Reported as triglycerides.

Other Ingredients: Natural lemon flavor, natural tocopherols.  
Contains fish (anchovy, sardine, mackerel).

**Directions:** Take one teaspoon one or two times daily **at mealtime**.  
After initially opening the bottle, keep refrigerated and preferably use  
within 60 days.

✓ **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.

Manufactured & bottled in Norway for J. R. Carlson Laboratories, Inc.  
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