

**TWIN
SPRING**

**PACK
VALLEY®**

VITAMIN #1 BRAND

**3
PER DAY**

**All Natural
Regular Strength
Fish Oil
1000 mg**



**300 mg
Omega-3**

HEART HEALTH*

Dietary Supplement

100 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Cholesterol	5 mg	2%
Fish Oil	1 g (1,000 mg)	††
provides 300 mg of Omega-3 Fatty Acids, comprising of:		††
EPA (Eicosapentaenoic Acid)		††
DHA (Docosahexaenoic Acid)		††

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

††Daily Value not established.

OTHER INGREDIENTS: Gelatin, Glycerin, Mixed Natural Tocopherols.
Contains fish (anchovy, mackerel, sardine) ingredients.

Product of Peru

Purified to Eliminate Mercury

Spring Valley Fish Oil supports a healthy heart and joints.*

SUGGESTED USE: For adults, take one (1) softgel three times daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

MEG-3® is verified by the US Pharmacopeia (USP).

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No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives,
No Lactose, No Sugar, No Preservatives, No Artificial Color, No
Artificial Flavor, No Sodium (less than 5 mg per serving).

**KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM
TEMPERATURE. TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT.
FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS
BROKEN OR MISSING.**

MANUFACTURED FOR:
US Nutrition, Inc.
Bohemia, NY 11716-2510, USA
Questions or Comments?
Call 1-866-607-0342



*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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