

STORE IN A COOL, DRY PLACE. REFRIGERATE AFTER OPENING. Suggested Serving: 2 softgels daily with food. Consult a healthcare practitioner for your individual needs.

BENEFITS, SUSTAINABILITY AND PURITY

Spectrum's Fish Oil with Vitamin D supports heart and bone health while also promoting healthy vision, brain and immune functions.* Spectrum's Fish Oil comes from non-threatened species of wild-caught fish harvested through sustainable fishing practices. Our Fish Oil conforms to GOED Omega-3's stringent purity standards and is tested by independent laboratories to ensure contaminants such as PCBs, dioxins, furans and mercury are below California Prop 65 and European Union defined limits.

L230512P-001



*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.

Spectrum
ESSENTIALS®

Fish Oil



OMEGA-3 for
Brain, Vision and Heart Health*
VITAMIN D for Heart Health, Bone Health
and Immune System Support*

100
SOFTGELS

DIETARY SUPPLEMENT

1000 mg
EACH

A SERVING HAS:

520 mg EPA/DHA • 1,000 IU Vitamin D

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 50

Amount Per Serving	% Daily Value
Calories 20	
Calories from Fat 20	
Total Fat 2g	3%*
Saturated Fat 0.5g	3%*
Cholesterol 10mg	3%*
Vitamin D 1000 IU	250%
Omega-3 Fatty Acids 600mg	†
EPA + DHA 520mg	†

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established

Ingredients: Fish oil (from anchovies, sardines and mackerel or a combination thereof), mixed natural tocopherols, vitamin D3 (cholecalciferol). Softgel (gelatin, water, glycerin, caramel color).

Manufactured for Distribution by: Spectrum Organic Products, A Division of The Hain Celestial Group, Inc. Melville, NY 11747 USA • 800.343.7833
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