



Recommendation: Take 1 to 2 softgels daily, preferably with breakfast. **For intensive use:** Take 2 softgels twice daily (breakfast and lunch).

Caution: People with seafood allergy, coagulopathy or taking anticoagulants or other medications should consult their doctor before taking this product.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	%Daily Value	
Calories	10	
Calories from Fat	5	
Total Fat	1 g	2%†
Vitamin A	100 IU	2%
Vitamin E (as d-alpha tocopherol)	0.5 IU	2%
Neptune Krill Oil	1 g (1,000 mg)	**
Omega-3 Fatty Acids	300 mg	**
Eicosapentaenoic Acid (EPA)	150 mg	**
Docosahexaenoic Acid (DHA)	90 mg	**
Phospholipids	400 mg	**
Omega-9 Fatty Acids	85 mg	**
Omega-6 Fatty Acids	20 mg	**
Esterified Astaxanthin	1.25 mg	**

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

**Daily Value not established.

Other Ingredients: Fish Gelatin from Tilapia (softgel), Glycerin, Purified Water