

**Recommended Use:** As a dietary supplement only. Take 1 softgel up to three times daily with a meal. **Note:** Typical dosage is from 500 to 2000 mgs. daily. Omega-3 fatty acids are extremely susceptible to damage from free radicals. It is recommended that the antioxidants vitamin E, vitamin C and selenium be taken in concert with omega-3s. Omega-3 fatty acids have been shown to inhibit blood clotting, consult a health care practitioner prior to using fish oil if you have a blood disorder or are taking anti-coagulant medications. Fish oil should not be used two days before or after any type of surgery.

If you are pregnant or lactating, consult your healthcare practitioner before using this product. **Close tightly and keep away from children.** Store in a cool, dry place. Free of wheat, gluten, yeast, fish, egg, dairy and lactose. Contains no artificial colors, flavors or preservatives.

**\*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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## HIGH GRADE FISH OIL 1000mg

- Rich source of EPA & DHA omega-3 fatty acids
- May help control blood pressure & cholesterol levels<sup>†</sup>

### Supplement Facts

Serving Size 1 Softgel

| Amount Per Serving                     | % Daily Value  |
|----------------------------------------|----------------|
| Calories 11                            | Fat Calories 9 |
| Total Fat 1g                           | 2              |
| Vitamin E (as d-alpha tocopherol) 5 IU | 33             |
| Fish Oil 1000mg                        | **             |
| 18% EPA 180mg                          |                |
| 12% DHA 120mg                          |                |

<sup>†</sup>Percent Daily Values are based on a 2,000 calorie diet.

<sup>\*\*</sup>Daily Value not established

Other Ingredients: Gelatin, glycerin, water.

## 50 SOFTGELS

*Performance Nutrition For Every Body*