

SUPPLEMENT FACTS

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 gram	2%+
Polyunsaturated Fat	1 gram	*
Cholesterol	5 mg	2%+
Vitamin D-3 (as cholecalciferol)	1,000 IU	250%
Omega-3 Fish Oil 18/12 (GMO free)(anchovy, sardine)	1 gram	*
EPA (eicosapentaenoic acid)	180 mg	*
DHA (docosahexaenoic acid)	120 mg	*

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, vitamin E (from mixed tocopherols), natural lemon oil.

Swanson Lemon-Flavored Omega-3 Fish Oil softgels now include Vitamin D! Like our other omega-3 fish oil supplements, these softgels feature molecularly distilled fish oil. Go ahead and compare against any other brand -- we guarantee equal or better quality at a fraction of the price. Plus, our lemon flavored formula is easy to handle. Enjoy the nutritional benefits of natural fish oil and vitamin D with a new fresh lemon flavor.

Suggested Use: As a dietary supplement, take one softgel two times per day with food and water.

WARNING: Consult your healthcare provider before use if you are taking a blood-thinning medication.

