

Omega-3 fats are critical for cellular health

At the cellular level, omega-3 fats are the building blocks of cellular membranes. As a part of the cellular membrane, they affect cellular function by altering the fluidity, thickness, and lipid phase properties of the membrane, which is directly related to the cell's biochemical performance. Experts have reported that the human cell is only as efficient as its membrane system. This life principle suggests that having adequate levels of omega-3 fats in membrane systems is crucial to the survival, growth, renewal, communication and myriad functions of human cells.[†]

Vitamin D doubles as a cellular regulator and immune booster

Although vitamin D is most often recognized for its ability to influence bone health, this essential nutrient plays a much larger role in influencing health beyond helping build strong bones. The function of vitamin D at the cellular level has become the focus of intense research as it is known to help support normal cellular growth and enhance immune cell function among various other biological functions. Importantly, vitamin D receptors are expressed on virtually every type of cell involved in immunity with studies showing that vitamin D activates the immune system and helps bolster immunity.[†]

Consult your healthcare professional prior to use if you have or suspect a medical condition, or are taking prescription drugs, or are pregnant or lactating. People with allergies to fish should consult their healthcare professional before taking this product.

**STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

† 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.

Advanced Cellular Support & Immune Activation

Maintaining cellular health and immunity is essential to wellness. With a combination of omega-3 fish oil and vitamin D in one supplement, protecting cellular health while supporting the immune system is easy.[†]

Omega-3 fats and vitamin D offer dual action cellular care for optimal health[†]:

- Omega-3 fats are the building blocks of cellular membranes and are required for optimal "cell-to-cell communication" and function.[†]
- Vitamin D is essential for healthy cellular growth while immune cells are activated by vitamin D for optimal immune protection.[†]

Backed by science, formulated for results

Natrol has created a convenient once-a-day product that combines fish oil (1000mg) with high potency vitamin D (1000 IU) to help you achieve a healthy intake of omega-3 fats and vitamin D for optimal health. Fish oil and vitamin D are most often recognized for their heart and bone health benefits, however, researchers have uncovered that their roles at the cellular level are far reaching. With emerging research, already showing an association between omega-3 and vitamin D consumption and colon, prostate, and breast health, fish oil and vitamin D are now in the spotlight for their ability to offer dual action cellular care to help support optimal health.[†]

NATROL[®]

Fish Oil + Vitamin D3

Heart & Immune Support[†]

- Vitamin D 1000 IU for Immune Activation[†]
- Only 1 Per Day
- Complete Health



90
SOFTGELS

DIETARY SUPPLEMENT

Directions: Take 1 softgel, one time daily, with a meal.

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
Calories	10
Calories from Fat	10
Total Fat	1 g 2%
Saturated Fat	0 g 0%
Trans Fat	0 g **
Polysaturated Fat	0.5 g **
Monounsaturated Fat	0 g **
Cholesterol	10 mg 3%
Vitamin D3 (as Cholecalciferol)	1,000 IU 250%
Omega-3 Fish Oil (anchovy, sardine, mackerel)	1,000 mg **
EPA (Eicosapentaenoic Acid)	180 mg 188%***
DHA (Docosahexaenoic Acid)	120 mg 188%***

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

**Daily Value (DV) not established.

***Combined daily value for EPA & DHA.

Other Ingredients: Gelatin, Glycerin, Water, Natural Lemon Oil, Mixed Natural Tocopherols (as preservative), Corn Oil.

Manufactured for NATROL, Inc.
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NO Yeast, Wheat, Milk, Egg, Glutens, Artificial Colors or Flavors, Added Sugar or Starch