

**EVERYDAY VALUE**

**#1 PHARMACIST  
RECOMMENDED\***

**Nature Made**

**ONE PER DAY**

Omega-3<sup>††</sup> Supplement from

**Fish Oil**

1200 mg

**720 mg OMEGA-3<sup>††</sup>**



**PURIFIED TO  
REMOVE MERCURY\***

**Helps Support a  
Healthy Heart<sup>†</sup>**

DIETARY SUPPLEMENT  
**130 SOFTGELS**

<sup>††</sup>As ethyl esters

List No. 4088  
CAL201  
Cat. A333  
5A009

Fish oils used to produce this product are derived from wild caught ocean fish, not farm raised fish.

\*State-of-the-art purification processes are used to remove PCBs, dioxins and furans, and mercury to ensure purity levels below 0.09 ppm, 2 ppt WHO TEQs, and 0.1 ppm respectively.

**† This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.  
(See nutrition information for total fat and cholesterol content.)

## Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
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Calories 10

Total Fat 1 g	1%**
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Polyunsaturated Fat 0.5 g

Cholesterol 10 mg	3%**
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Protein less than 1 g

Omega-3 Concentrate from Fish Oil <sup>††</sup> 1200 mg	*
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Total Omega-3 Fatty Acids <sup>††</sup> 720 mg	*
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EPA (Eicosapentaenoic Acid) Omega-3 <sup>††</sup> 360 mg	*
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DHA (Docosahexaenoic Acid) Omega-3 <sup>††</sup> 300 mg	*
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Other Omega-3 <sup>††</sup> 60 mg	*
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\*Daily Value not established.

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

OTHER INGREDIENTS: Gelatin, Glycerin, Water, Tocopherols.

Contains: Fish (Anchovy, Sardine, Mackerel).

Distributed by: **Nature Made Nutritional Products**,  
Mission Hills, CA 91346-9606, U.S.A. 1-800-276-2878 • [www.NatureMade.com](http://www.NatureMade.com)  
Fish Oil Country of Origin is Canada.

USP has tested and verified ingredients, potency and manufacturing process.

USP sets official standards for dietary supplements. [www.uspverified.org](http://www.uspverified.org)

<sup>††</sup>As ethyl esters

<sup>†</sup>Based on Pharmacy Times Survey of pharmacists recommending Omega-3/Fish Oil Supplements.

**No Color Added • No Artificial Flavors  
No Yeast or Starch • Gluten Free**

**SUGGESTED USE:** Take 1 softgel daily with a meal for optimal absorption. Do not exceed 3 softgels per day. For easier swallowing, take with water before and during ingestion. Keep bottle tightly closed. Store in a cool, dry place, out of the reach of children.

**Do not use if imprinted seal under cap is broken or missing.**

**CAUTION:** If you are pregnant or nursing, or taking medication, facing surgery, have bleeding problems, or undergoing any other treatment which may affect the ability of blood to clot, consult your physician before taking this product. Encapsulated and quality tested in the U.S.A.

Lot:  
Exp: