

#1 PHARMACIST  
RECOMMENDED\*

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119062PEL202  
Cat. A419  
5A010

Nature Made Fish Oils  
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.

**Nature Made**

# Fish Oil

1200 mg

**360 mg OMEGA-3**



**PURIFIED TO  
REMOVE MERCURY\***

**Helps Support a  
Healthy Heart†**

DIETARY SUPPLEMENT  
**200 SOFTGELS**

ITEM #  
640093

† 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, saturated fat and cholesterol content).

EPA and DHA are key Omega-3's important for helping support a healthy heart.† DHA also helps support flexible cell membranes.†

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 100

Amount Per Serving	% Daily Value
Calories 35	
Calories from Fat 25	
Total Fat 3 g	5%**
Saturated Fat 1 g	5%**
Polyunsaturated Fat 1 g	
Monounsaturated Fat 0.5 g	
Cholesterol 25 mg	8%**
Total Carbohydrate 1 g	less than 1%**
Protein Less than 1 g	
Fish Oil 2400 mg	*
Total Omega-3 Fatty Acids 720 mg	*
Omega-3 EPA (Eicosapentaenoic Acid) 360 mg	
Omega-3 DHA (Docosahexaenoic Acid) 240 mg	
Omega-3 Other 120 mg	

\*Daily Value not established.

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

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

**SUGGESTED USE:** Take 2 softgels daily with a meal.

For easier swallowing, take with water before and during ingestion.

Keep bottle tightly closed. Store in a cool, dry place, out of 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.

**OTHER INGREDIENTS:** Gelatin (Porcine), Glycerin, Water, Tocopherols.

**CONTAINS:** Fish (Anchovy and may contain Sardine and 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 Peru.

Encapsulated and quality tested in the U.S.A.

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

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

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

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Lot:  
Exp: