

Directions:

Adults and adolescents 14 years and older take 1 teaspoon (tsp) daily. Children 2–13 years take ½ tsp. daily.

After opening, refrigerate and consume within 100 days.

Keep out of reach of children.

Do not use if safety seal is broken or missing.

Let's Grow Together

Find out more at naturesway.com

Just one
teaspoon
a day

Clean, Light Taste

No fishy burp back

Easy to Absorb

Premium quality liquid form

Guaranteed Pure

View test results online
at purecheck.net



Pure™
Check for yourself.



NutraSea™

Omega-3®



1250 mg
EPA / DHA
per teaspoon

Zesty Lemon Flavored

6.8 oz (200 mL) | Fish Oil Supplement

Supplement Facts

Serving Size 1 teaspoon (tsp) (5 ml)
Servings per Container 40

Amount per Serving	% DV	
Calories	40	
Total Fat	4.5 g	6%†
Saturated Fat	1 g	5%†
Trans Fat	0 g	**
Polyunsaturated Fat	2 g	**
Monounsaturated Fat	1 g	**
Cholesterol	30 mg	10%
Fish Oil	4.5 g	**
Total EPA/DHA	1.25 g	**
Eicosapentaenoic Acid (EPA)	750 mg	**
Docosahexaenoic Acid (DHA)	500 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: natural flavors, preservatives to maintain freshness (mixed tocopherols, green tea extract)

Contains fish (anchovies, sardines, mackerel, herring).



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