

Directions:

Shake well before each use.
Adults and adolescents 14 years
and older take 1 teaspoon (tsp)
daily. Children 2–13 years take
½ tsp. daily.

Refrigerate after opening 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

†as compared to NutraSea™
Omega-3 Fish Oil



Pure™
Check for yourself.



NutraSea[™] DHA

Omega-3

Extra Strength DHA[†]



1000 mg DHA
500 mg EPA
per teaspoon

Juicy Citrus Flavored

6.8 fl. oz. (200 mL) | Squid 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	1.5 g	**
Cholesterol	65 mg	22%
Squid Oil	4.5 g	**
Total EPA/DHA	1.5 g	**
Docosahexaenoic Acid (DHA)	1 g	**
Eicosapentaenoic Acid (EPA)	500 mg	**

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

Other ingredients: natural flavor, preservatives to
maintain freshness (mixed tocopherols, green tea
extract), Monk fruit extract
Contains shellfish (squid).



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