

**Directions:**

Adults and children 12 years and older take 2 softgels daily.

**Keep out of reach of children.**

Do not bite or chew. Do not use if safety seal is broken or missing.

**Let's Grow Together**

Find out more at [naturesway.com](http://naturesway.com)



Just two  
easy-to-swallow  
softgels a day.

**Balanced Formula**

1250 mg dose of EPA/DHA

**Fresh Mint Flavored**

No fishy burp back

**Guaranteed Pure**

View test results online  
at [purecheck.net](http://purecheck.net)

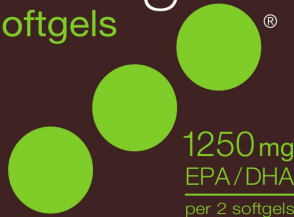


**Pure**™  
Check for yourself.



NutraSea™

# Omega-3 Softgels®



1250 mg  
EPA/DHA  
per 2 softgels

**60 Softgels** | Fish Oil Supplement

## Supplement Facts

Serving Size 2 Softgels / Servings per Container 30

| Amount per Serving          | % DV   |     |
|-----------------------------|--------|-----|
| Calories                    | 20     |     |
| Total Fat                   | 2 g    | 3%† |
| Saturated Fat               | 0 g    | 0%† |
| Trans Fat                   | 0 g    | **  |
| Polyunsaturated Fat         | 1.5 g  | **  |
| Monounsaturated Fat         | 0 g    | **  |
| Cholesterol                 | 5 mg   | 2%  |
| Fish Oil                    | 1.8 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: gelatin, glycerin, purified water, natural flavor, preservatives to maintain freshness (mixed tocopherols, green tea extract)

Contains fish (anchovies, sardines, mackerel).



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**Questions?**  
1-800-9NATURE /  
[naturesway.com](http://naturesway.com)