

Molecularly Distilled | Guaranteed Purity

NORDIC



NATURALS®

- ✓ Radiant Skin*
- ✓ Flexible Joints*
- ✓ Positive Mood*

Great
lemon
taste!



COMPLETE™ OMEGA

565 mg Omega-3 + 70 mg GLA

Fish oil plus borage seed oil for healthy skin,
joints, and cognition*

Superior Triglyceride Form



Dietary Supplement | 1000 mg Soft Gels | 60 Count

Supplement Facts

Serving Size: 2 Soft Gels

Servings per container: 30

Amount Per Serving	% Daily Value**	
Calories	20	
Calories from fat	20	
Total Fat	2 g	3%
Saturated Fat	0.4 g	2%
Trans Fat	0 g	†
Total Omega-3s	565 mg	†
EPA (Eicosapentaenoic Acid)	270 mg	†
DHA (Docosahexaenoic Acid)	180 mg	†
Other Omega-3s	115 mg	†
Omega-6s	240 mg	†
GLA (Gamma-Linolenic Acid)	70 mg	†
Omega-9s	225 mg	†
OA (Oleic Acid)	180 mg	†

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

† Daily Value not established.

Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, glycerin, water, natural lemon flavor), borage seed oil (*borago officinalis*), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors.

Complete Omega™ combines omega-3s EPA and DHA from fish oil with the unique omega-6 gamma-linolenic acid (GLA) from borage seed oil. This blend helps nourish skin, promotes a healthy mood, and supports cognitive function and joint health.*

Wild caught. Pure. No fishy aftertaste. Friend of the Sea certified.

Every batch of Nordic Naturals fish oils is tested by a third-party certified lab for environmental toxins, including heavy metals. All fish oils are in the triglyceride form and surpass the strictest international standards for purity and freshness. Certificates of Analysis available upon request.

Suggested Use: Two soft gels daily, with food, or as directed by your health care professional or pharmacist.

Store in a cool, dry place, away from sunlight

Do not take if tamper-evident seal is broken or missing

Product protected by U.S. patent #s 6346231 & 6641837

Keep out of the reach of children

Nordic Naturals products are never sold under any store brand

Warning: Consult with your physician before using this product if you are allergic to iodine, or use blood thinners.

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

Fish oil processed in Norway.
Manufactured in the U.S. by:
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