

Norwegian

500 mg
EPA & DHAPurity
Potency
Freshness
GuaranteedDietary
Supplement

Carlson

Super Omega-3 Gems®

FISH OIL

Concentrate
100 SOFT GELS: 1000 mg

1521 - 1d

Carlson.: Specializing in the finest Norwegian fish oils since 1982.

Medical Scientists Internationally are encouraging people to eat more fish. Fish body oil is the **ONLY MAJOR SOURCE** of the polyunsaturated Omega-3's EPA and DHA.

For those individuals who do not eat an oily fish diet, Carlson offers Omega-3's in easy-to-swallow soft gelatin capsules. Carlson **SUPER OMEGA-3 GEMS®** soft gels contain 1000 mg (1 gram) of a special concentrate of fish body oils from deep, cold water fish which are especially rich in the important Omega-3's EPA and DHA.

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% ☆
Vitamin E Natural (d-Alpha Tocopherol)	10 IU	33%
Norwegian Fish Oil	1000 mg	†
Total Omega-3 Fatty Acids*	600 mg	†
EPA (Eicosapentaenoic Acid)*	300 mg	†
DHA (Docosahexaenoic Acid)*	200 mg	†

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

† Daily Value (DV) not established.

*Reported as ethyl ester.

Other Ingredients: Soft Gel Shell: Beef gelatin, glycerin, water.
Contains fish (anchovy and sardine).

Directions: Take one soft gel one to five times daily, AT MEALTIME.

PURITY GUARANTEED

This product is regularly tested (using AOAC international protocols) for freshness, potency and purity by an independent, FDA-registered laboratory and has been determined to be fresh, fully-potent and free of detrimental levels of mercury, cadmium, lead, PCB's and 28 other contaminants.

Preservative-free. Cholesterol-free. Gluten-free.

POTENCY & QUALITY GUARANTEED

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** This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.