

Promotes Healthy Brain Function and Supports Normal Vision.*



Great
LEMON
Taste!

May Be Chewed



Carlson
for TEENS

Smart Catch®

Norwegian

FISH OIL

OMEGA-3'S DHA & EPA

180 SOFT GELS: 1000 mg

1612-1a Dietary Supplement

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

Smart Catch provides the important omega-3 fatty acids medical studies have shown to promote healthy brain function and support normal vision.*

Medical Scientists Internationally are encouraging people to eat more fish. For teens who do not eat an oily fish diet, **Smart Catch** easy-to-swallow soft gelatin capsules 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 DHA and EPA.

Supplement Facts

Serving Size 1 Soft Gel

Servings Per Container 180

	Amount Per 1 Soft Gel	% DV
Calories	9	
Calories from Fat	9	
Total Fat	1 g	☆ 2%
Cholesterol	4 mg	1%
Vitamin E Natural (d-Alpha Tocopherol)	10 IU	33%
Total Omega-3 Fatty Acids (from fish body oils)	320 mg	†
consisting of:		
DHA (Docosahexaenoic Acid)	100 mg	†
EPA (Eicosapentaenoic Acid)	160 mg	†
Other Omega-3's	60 mg	†

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

† Daily Value (DV) not established.

Other Ingredients: Natural tocopherols, natural lemon flavor. Soft Gel Shell: Beef gelatin, glycerin, water. Contains fish (anchovy, sardine, mackerel).

Directions: Teens take one soft gel one to three times daily, preferably at mealtime. May chew soft gels if desired. Gluten-free. Preservative-free.

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.

POTENCY & QUALITY GUARANTEED

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

Fresh Lemon Flavor Inside Each Soft Gel