

Carlson Norwegian

Purity
Potency
Freshness
Guaranteed

The Very Finest FISH OIL

OMEGA-3'S DHA & EPA



Great
LEMON Taste!

Dietary
Supplement

May Be Chewed

120 SOFT GELS: 1000 mg

1631 - 1b

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 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 or 5 Soft Gels

Servings Per Container 120 or 24

Amount Per	1 Soft Gel	% DV	5 Soft Gels	% DV
Calories	9		45	
Calories from Fat	9		45	
Total Fat	1 g	☆ 2%	5 g	☆ 8%
Cholesterol	4 mg	1%	20 mg	7%
Vitamin E Natural (d-Alpha Tocopherol)	10 IU	33%	50 IU	166%
Total Omega-3 Fatty Acids (from fish body oils)	320 mg	†	1600 mg	†
consisting of:				
EPA (Eicosapentaenoic Acid)	160 mg	†	800 mg	†
DHA (Docosahexaenoic Acid)	100 mg	†	500 mg	†
Other Omega-3's	60 mg	†	300 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: Adults take one to five soft gels daily, at mealtime. May chew soft gels if desired. Five soft gels provide the same amount of Omega-3's as one teaspoonful (5 ml) of Carlson The Very Finest Fish Oil Liquid. 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

Distributed by Carlson Division of J.R. Carlson Laboratories, Inc., Arlington Heights, IL 60004-1985
888-234-5656 • 847-255-1600 • www.carlsonlabs.com

• An F.D.A. Regulated Facility •



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

Promotes Healthy Heart, Arteries, Joints & Brain-Nerve Function.*