

Fresh Lemon Flavor Inside Each Soft Gel

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 Soft Gel

	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) consisting of:		320 mg	±
EPA (Eicosapentaenoic Acid)		160 mg	±
DHA (Docosahexaenoic Acid)		100 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 boophenols, natural lemon flavor, Soft Gel Shell: Beef gelatin, glycerin, water.

Contains fish (anchovy, sardine, mackerel).

**Directions:** Adults take one soft gel daily, at mealtime. May be chewed.

Gluten-free. Preservative-free.

Distributed by Carlson Division of J.R. Carlson

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POTENCY &  
QUALITY  
GUARANTEED



30 FREE Soft Gels  
a \$5.00 VALUE!

# Carlson

## Norwegian

Purity  
Potency  
Freshness  
Guaranteed

## The Very Finest

# FISH OIL

## OMEGA-3'S DHA & EPA

Great  
**LEMON Taste!**



Dietary  
Supplement

30 SOFT GELS: 1000 mg

May Be Chewed

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