

Norwegian

Carlson

Elite Omega-3 GEMS®

FISH OIL

Professional Strength

30 SOFT GELS: 1250 mg

30 FREE
Soft Gels

800 mg
Omega-3's

Lemon
Flavored
Chewable

Dietary
Supplement



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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 MAJOR SOURCE** of the highly 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 **ELITE OMEGA-3 GEMS®** contain 1250 mg of a 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 30 or 6

Amount Per	1 Soft Gel	% DV	5 Soft Gels	% DV
Calories	10		60	
Calories from Fat	10		60	
Total Fat	1.5 g	2% ☆	7 g	16% ☆
Vitamin E Natural (d-Alpha Tocopherol)	10 IU	23%	50 IU	167%
Norwegian Fish Oil	1250 mg	†	6250 mg	†
Omega-3 Fatty Acids *	800 mg	†	4000 mg	†
EPA (Eicosapentaenoic Acid) *	400 mg	†	2000 mg	†
DHA (Docosahexaenoic Acid) *	200 mg	†	1000 mg	†

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

† Daily Value (DV) not established.

*Reported as ethyl ester.

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

DIRECTIONS: Take 1 to 5 soft gels 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.

Natural color. Sugar-free. Preservative-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.