

Directions: Adults 18 years and older take 1 teaspoon (tsp) daily. Store in original container, in a cool place protected from light. Refrigerate after opening and consume within 100 days. Do not use if safety seal is broken or missing.

Healthy you, healthy planet
Find out more at naturesway.com

Omega-3 without the fish

Plant sourced formula

500 mg of EPA / DHA per teaspoon

Clean, Light Taste

Great tasting and vegetarian friendly!

Guaranteed Pure

View test results online at
purecheck.net



Pure™
Check for yourself.



NutraVege™ Omega-3 Plant®



500 mg
EPA/DHA
per teaspoon

Zesty Lemon Flavored

200 ml (6.8 fl. oz.) Algal Oil Supplement

Supplement Facts

Serving Size 1 teaspoon (tsp) (5 ml)
Servings per Container 40

Amount per Serving	% DV
Calories	40
Total Fat	4.5 g 6%†
Saturated Fat	0.5 g 3%†
Polyunsaturated Fat	1 g **
Monounsaturated Fat	3 g **
Algal oil (<i>Schizochytrium</i> spp.)	1 g **
Total EPA/DHA	500 mg **
Eicosapentaenoic Acid (EPA)	200 mg **
Docosahexaenoic Acid (DHA)	300 mg **

†Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Other ingredients: sunflower oil, natural flavor, green tea extract, rosemary extract, mixed tocopherols, ascorbyl palmitate

Product of Canada.



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