

Adults and adolescents 14 years and older take 1 softgel daily. **Keep out of reach of children.** Do not use if safety seal is broken or missing. Store in original container, in a cool place protected from light.

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



Omega-3 without the fish.

Balanced Formula

Provides a minimum of 150 mg EPA
& 300 mg DHA per softgel

Vegan-friendly

Plant-based omega-3 in gelatin-free softgel

Guaranteed Pure

View test results online at
purecheck.net



Pure  TM
Check for yourself.



NutraVege™
Omega-3
Plant
Softgels

500 mg
Omega-3

per softgel

30 Softgels | Algal Oil Supplement

Serving Size 1 Softgel

Amount per Serving	% DV
Calories	10
Total Fat	1 g 1%†
Polyunsaturated Fat	0.5 g **
Algal Oil (<i>Schizochytrium</i> spp.)	1 g **
Omega-3 Fatty Acids	500 mg **
Eicosapentaenoic Acid (EPA)	150 mg **
Docosahexaenoic Acid (DHA)	300 mg **

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

Other ingredients: modified corn starch, glycerin, carrageenan, sorbitol, purified water, sunflower oil, natural flavor, mixed tocopherols, rosemary extract, green tea extract, ascorbyl palmitate



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