



fish oil
1,200 mg per softgel

helps support heart, skin and joint health**
purified to remove mercury†



100
SOFTGELS

100 SOFTGELS **DIETARY SUPPLEMENT**

**These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.



ACTUAL SIZE**

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 50

Amount Per Serving	% Daily Value
Calories 25	
Calories from Fat 20	
Total Fat 2.5 g	4%*
Saturated Fat 0.5 g	3%*
Polyunsaturated Fat 1 g	†
Monounsaturated Fat 0.5 g	†
Cholesterol 15 mg	5%
Fish Oil 2.4 g (2400 mg)	†
Omega-3 fatty acids 720 mg (EPA and DHA)	

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

†Daily Value not established.

INGREDIENTS: Fish Oil, Gelatin, Glycerin, Natural Mixed Tocopherols. **CONTAINS: SARDINES, ANCHOVIES, SOY**

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor.

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HEART HEALTH**

Omega-3 fatty acids from Fish Oil are considered the "good" fats important for cellular, heart and vascular health.** Fish Oil is a natural source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), essential fatty acids which may help maintain triglyceride levels already within the normal range.** Omega-3 fatty acids are necessary for many vital functions in the body and support heart, skin and joint health.**

Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease. [See nutrition information for total fat, saturated fat and cholesterol content.]

†This fish oil product is manufactured using state-of-the-art purification methods to remove contaminants, such as mercury, to guarantee its purity and potency. Mercury is undetectable at the detection limit: 0.005 parts per million.

Suggested Use: As a dietary supplement for adults, take two softgels daily with the meal(s) of your choice.

Caution: If you are pregnant or nursing a baby or if you are taking medication, planning any medical procedure, have a medical condition or have bleeding problems, consult your doctor before taking this product.

Keep out of reach of children.

Store at room temperature (59°-86°F).

GLUTEN FREE

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