

Directions:

Shake well before each use. 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. **Keep out of reach of children.** Do not use if safety seal is broken or missing.

Let's Grow Together

Find out more at naturesway.com

†As compared to NutraVege™ Omega-3 Plant 500 mg Zesty Lemon Flavored

Omega-3 without the fish

Plant sourced formula

Provides a minimum of 300 mg EPA & 600 mg DHA per teaspoon

Clean, Light Taste

Great tasting and vegetarian friendly!

Guaranteed Pure

View test results online at purecheck.net



Pure  TM
Check for yourself.



NutraVege™

Omega-3 Plant

Extra Strength†



**1000 mg
Omega-3
per teaspoon**

Zesty Lemon Flavored

6.8 fl. oz. (200 mL) 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	1 g	5%†
Trans Fat	0 g	**
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	2 g	**
Cholesterol	0 mg	0%
Algal Oil (<i>Schizochytrium</i> spp.)	2 g	**
Omega-3 Fatty Acids	1 g	**
Eicosapentaenoic Acid (EPA)	300 mg	**
Docosahexaenoic Acid (DHA)	600 mg	**

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

Other ingredients: sunflower oil, natural flavor, preservatives to maintain freshness (rosemary extract, green tea extract, mixed tocopherols, ascorbyl palmitate)
Product of Canada.



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Questions?
1-800-9NATURE /
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