

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
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Omega-3 without the fish

Plant sourced formula

Provides a minimum of 150 mg EPA & 300 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.



NutraVegeTM Omega-3 Plant [®]



500 mg
Omega-3
per teaspoon

Strawberry Orange 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	0.5 g 3%†
Trans Fat	0 g **
Polyunsaturated Fat	1 g **
Monounsaturated Fat	3 g **
Cholesterol	0 mg 0%
Algal oil (<i>Schizochytrium</i> spp.)	1 g **
Omega-3 Fatty Acids	500 mg **
Docosahexaenoic Acid (DHA)	300 mg **
Eicosapentaenoic Acid (EPA)	150 mg **

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

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



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