

**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](http://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](http://purecheck.net)



**Pure**  <sup>TM</sup>  
Check for yourself.



NutraVege™

# Omega-3 Plant Extra Strength<sup>†</sup>



Extra Strength<sup>†</sup>



**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	1.5 g	**
Monounsaturated Fat	2 g	**
Cholesterol	0 mg	0%
Algal Oil ( <i>Schizochytrium</i> spp.)	2 g	**
Omega-3 Fatty Acids	1 g	**
Docosahexaenoic Acid (DHA)	600 mg	**
Eicosapentaenoic Acid (EPA)	300 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?**  
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