



## Supplement Facts

Serving Size: 2 Soft Gels

Servings per container: 45

| Amount Per Serving          | % Daily Value* |    |
|-----------------------------|----------------|----|
| Calories                    | 9              |    |
| Calories from fat           | 9              |    |
| Total Fat                   | 1.0 g          | 2% |
| Saturated Fat               | 0.2 g          | 1% |
| Trans Fat                   | 0 g            | †  |
| Omega-3s                    | 283 mg         | †  |
| EPA (Eicosapentaenoic Acid) | 135 mg         | †  |
| DHA (Docosahexaenoic Acid)  | 90 mg          | †  |
| Other Omega-3s              | 58 mg          | †  |
| Omega-6s                    | 123 mg         | †  |
| GLA (Gamma-Linolenic Acid)  | 35 mg          | †  |
| Omega-9s                    | 122 mg         | †  |
| OA (Oleic Acid)             | 92 mg          | †  |

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

† Daily Value not established.

Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), borage seed oil (*borago officinalis*), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors.

**How To Take It:** Take 2 softgels daily, or as recommended by your healthcare provider.