

NOTE: IF YOU ARE PREGNANT, NURSING, HAVE ANY HEALTH CONDITION OR ARE TAKING ANY MEDICATIONS, CONSULT YOUR HEALTH CARE PRACTITIONER BEFORE USING THIS PRODUCT.

CONTAINS NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES.

TAMPER EVIDENT, USE ONLY IF SEAL IS INTACT.

KEEP OUT OF REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE.

BOTTLE IS MADE FROM
100% PCR CONTENT



COLD WATER
FISH OIL

Omega-3

OMEGA-3s EPA & DHA

- ✓ MOLECULARLY DISTILLED
- ✓ 100% WILD CAUGHT FISH

90
SOFTGELS

DIETARY SUPPLEMENT

DIRECTIONS: TAKE 1 SOFTGEL DAILY WITH FOOD.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
Total Calories	10
Calories From Fat	10
Total Fat	1g 2% ^{**}
Cholesterol	5mg 2% ^{**}
Fish Oil (from sardine, anchovy, mackerel)	1000mg *
Eicosapentaenoic Acid (EPA)	180mg *
Docosahexaenoic Acid (DHA)	120mg *

^{**}Percent Daily Values are based on a 2000 calorie diet.

^{*}Daily Value not established.

OTHER INGREDIENTS: GELATIN, PURIFIED WATER, NATURAL LEMON OIL, VEGETABLE GLYCERIN, MIXED TOCOPHEROLS (DERIVED FROM SOY TO PRESERVE FRESHNESS).

CONTAINS FISH (SARDINE, ANCHOVY, MACKEREL) AND SOY INGREDIENTS. PRODUCED IN A FACILITY THAT PROCESSES TREE NUTS, MILK, EGGS, SHELLFISH AND WHEAT.

MANUFACTURED FOR: WHOLE FOODS MARKET • 550 BOWIE STREET • AUSTIN, TEXAS 78703
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