



# fish oil smoothie

piña colada

cardiovascular<sup>▼</sup>

brain<sup>▼</sup> | eye<sup>▼</sup>

smooth texture<sup>▼</sup>

specialty

16 fl. oz. (473 mL)  
dietary supplement

gluten free

dairy free

nut free

## Supplement Facts

Serving Size 2 Teaspoons (10 mL)  
Servings Per Container About 47

	Amount Per Serving	% Daily Value
Calories	40	
Total Fat	2.5 g	4% <sup>†</sup>
Saturated Fat	0.5 g	3% <sup>†</sup>
Polyunsaturated Fat	1 g	*
Monounsaturated Fat	0.5 g	*
Cholesterol	20 mg	6% <sup>†</sup>
Total Carbohydrate	4 g	1% <sup>†</sup>
Total Sugars	0 g	*
Includes 0 g Added Sugars		0%
Sugar Alcohol	3 g	*

### Omega-3 Polyunsaturated Fat

Eicosapentaenoic Acid (EPA)	440 mg	*
Docosahexaenoic Acid (DHA)	280 mg	*
Other Omega-3 Fatty Acids	180 mg	*

<sup>†</sup> Percent Daily Values are based on a 2,000 calorie diet.

\* Daily Value not established

**Other Ingredients:** Water, fish oil (anchovy, sardine and/or mackerel), xylitol, glycerine, gum arabic, natural flavors, citric acid, xanthan gum, antioxidant blend (Vitamin E [as d-alpha tocopherol], rosemary extract, green tea extract, ascorbyl palmitate), guar gum, sorbic acid.

**Contains:** Fish (anchovy, sardine and/or mackerel) and Soy.

**Does not contain:** Gluten, Salt, Artificial Colors or Flavors.

**Directions:** Take two (2) teaspoons daily. Can be taken straight or can be mixed into juice, yogurt, oatmeal, cottage cheese or blended beverages.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

▼ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



The Vitamin Shoppe<sup>®</sup>'s Omega Smoothie is the perfect solution for the whole family. All the benefits of Omega-3s with a smoothie taste and texture.\*

No large capsules or fish burps!

- 900 mg of Omega-3 per serving
- All Natural Fruit Flavor
- Naturally sweetened with xylitol
- Gluten free

Third party laboratory tested for purity and potency to ensure you're getting the essential fatty acids you need without harmful environmental contaminants.

BEST IF REFRIGERATED AFTER OPENING.

Do not freeze.

Do not give to pets.

STORE IN A COOL, DRY PLACE  
KEEP OUT OF REACH OF CHILDREN

TAMPER EVIDENT

Do not use if outer seal is broken or missing.



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