



Carlson

# EcoSmart<sup>®</sup> DHA 500

Sustainable Source

Natural  
Lemon  
Flavor

DIETARY SUPPLEMENT

**Supports Healthy Vision and Brain Function\***  
**60 Soft Gels**

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Carlson. Specializing in the finest Norwegian fish oils since 1982

## Supplement Facts

Serving Size 1 Soft Gel

|                                           | Amount Per Soft Gel | % DV |
|-------------------------------------------|---------------------|------|
| Calories                                  | 10                  |      |
| Total Fat                                 | 1 g                 | 1%** |
| Cholesterol                               | 5 mg                | 2%   |
| Vitamin E (as natural d-alpha tocopherol) | 6.7 mg              | 45%  |
| Norwegian Calamari Oil                    | 1000 mg             | †    |
| Omega-3 Fatty Acids*                      | 550 mg              | †    |
| DHA (Docosahexaenoic Acid)*               | 500 mg              | †    |
| EPA (Eicosapentaenoic Acid)*              | 50 mg               | †    |

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

† Daily Value (DV) not established. \*Reported as ethyl ester.

Other Ingredients: Natural lemon flavor, mixed tocopherols.  
Soft Gel Shell: Beef gelatin, glycerin, water. Contains calamari.

**Directions:** Take one soft gel once or twice daily, **at mealtime**. Keep bottle tightly closed and out of the reach of children.

**EcoSmart<sup>®</sup> DHA 500** is an eco-friendly, Friend of the Sea certified product that's sourced from a highly sustainable species of calamari. Each soft gel provides 500 mg of the important omega-3 DHA, which supports healthy vision and brain function.\* EcoSmart<sup>®</sup> DHA 500 is healthy for us and healthy for our Earth.

✓ **Gluten-free** ✓ **Preservative-free**

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### PURITY GUARANTEED

This product is regularly tested by independent FDA registered laboratories. It has been determined to be fresh and fully potent (per AOCS international protocols) and is free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.  
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