



Suggested Use: As a dietary supplement, take 2 soft gels daily with a meal, or take as directed by your health care professional. Optimally, for the first 15 days, take two capsules twice daily, with meals. Best results obtained with daily use.

Supplement Facts

Serving Size 2 Softgels

Servings Per Container 30

Each Serving Contains	% Daily Value	
Calories (energy)	20	
Calories from Fat	20	
Total Fat	2 g	3%*
Cholesterol	Less than 5 mg	<2%*
Omega-3 Fatty Acids	1250 mg	†
EPA (Eicosapentaenoic acid)	650 mg	†
DHA (Docosahexaenoic acid)	500 mg	†
Other Omega-3 Fatty Acids	100 mg	†

*Percent Daily Values are based on a 2000 calorie diet.
†Daily Value not established.

Other Ingredients: Highly Refined and Concentrated Omega-3 Fish Oil (anchovy, sardine, mackerel), Capsule Shell (gelatin, glycerin, purified water), **Proprietary LemonLock™ Freshness System** (natural lemon flavor, antioxidant blend consisting of natural tocopherols (soy), rosemary extract, and ascorbyl palmitate). Contains fish and soy (source of natural tocopherols).