



enteric-coated fish oil

1,200 mg per softgel

helps support heart, skin and joint health**
provides 360 mg of omega-3 per softgel
no fishy aftertaste
purified to remove mercury†

up&up



100
SOFTGELS

100 SOFTGELS DIETARY SUPPLEMENT

**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.



ACTUAL SIZE

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 50

Amount Per Serving	% Daily Value
Calories 25	
Calories from Fat 20	
Total Fat 2.5 g	4%*
Saturated Fat 1 g	4%*
Polyunsaturated Fat 1 g	†
Monounsaturated Fat 0.5 g	†
Cholesterol 15 mg	5%
Fish Oil 2.4 g (2400 mg)	†
Omega-3 fatty acids (EPA and DHA) 720 mg	

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

INGREDIENTS: Fish Oil, Gelatin, Glycerin, Ethylcellulose, Ammonium Hydroxide, Sodium Alginate, Middle Chain Triglycerides, Propylene Glycol, Oleic Acid, Natural & Artificial Flavor, Mixed Natural Tocopherols, Stearic Acid.
CONTAINS: SARDINES, ANCHOVIES, SPRAT, CLUPEA, SALMON, SOY

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, artificial color.

HEART HEALTH**

Omega-3 fatty acids from Fish Oil are considered the “good” fats important for cellular, heart and vascular health.** Fish Oil is a natural source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), essential fatty acids which may help maintain triglyceride levels already within the normal range.** Omega-3 fatty acids are necessary for many vital functions in the body and support heart, skin and joint health.**

Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease. [See nutrition information for total fat, saturated fat and cholesterol content.]

‡This fish oil product is manufactured using state-of-the-art purification methods to remove contaminants, such as mercury, to guarantee its purity and potency. Mercury is undetectable at the detection limit: 0.005 parts per million.

Suggested Use: As a dietary supplement for adults, take two softgels daily with the meal of your choice.

Caution: If you are pregnant or nursing a baby or if you are taking medication, planning any medical procedure, have a medical condition or have bleeding problems, consult your doctor before taking this product.

Keep out of reach of children.

Store at room temperature (59°-86°F).

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GLUTEN FREE

Questions? Call 1-800-910-6874

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