
fish oil
1,200 mg per softgel
helps support heart, skin and joint health**
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.
100
SOFTGELS
SUPPLEMENT
Supplement Facts
Serving Size 2 Softgels
Servings Per Container 50
Amount Per Serving
Calories 25
Calories from Fat 20
Total Fat 2.5 g
Saturated Fat 0.5 g
Polyunsaturated Fat 1 g
Monounsaturated Fat 0.5 g
Cholesterol 15 mg
Fish Oil 2.4 g (2400 mg)
Omega-3 fatty acids 720 mg
(EPA and DHA)
*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.
INGREDIENTS: Fish Oil, Gelatin, Glycerin, Natural Mixed Tocopherols. CONTAINS: SARDINES, ANCHOVIES, SOY
No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor.
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ement Facts
% Daily Value
4%*
3%*
†
†
5%
†
Natural Mixed
SARDINES, ANCHOVIES, SOY
HEART HEALTH**
Omega-3 fatty acids from Fish Oil are considered to be "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 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 2 softgels daily with the meal(s) of your choice.
Caution: If you are pregnant or nursing a baby, 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)
GLUTEN FREE
Questions? Call 1-800-910-6874
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