

swanson.com
or call 1-800-437-4148

- Supports cardiovascular health and blood sugar metabolism
- Supports cognitive function and healthy brain development
- Maintains immune health

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel two times per day with food and water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, especially blood-thinning medication, or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Omega-3 Fish Oil

WITH VITAMIN D

Heart and Brain Health

1,000 mg

LEMON FLAVORED

DIETARY SUPPLEMENT | 60 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1%†
Saturated Fat	0.5 g	3%†
Trans Fat	0 g	*
Polyunsaturated Fat	0.5 g	*
Monounsaturated Fat	0 g	*
Cholesterol	5 mg	2%†
Vitamin D-3 (as cholecalciferol)	25 mcg	125%

Omega-3 Fish Oil 18/12 (GMO free) (menhaden and anchovy)	1,000 mg	*
EPA (eicosapentaenoic acid) as triglyceride (TG)	180 mg	*
DHA (docosahexaenoic acid) as triglyceride (TG)	120 mg	*

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, natural lemon oil, vitamin E (from mixed tocopherols). Contains fish (menhaden and anchovy).

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA • 1-800-437-4148
MADE IN CANADA

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