

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

- Features molecularly distilled fish oil
- Lemon flavored
- Delivers 180 mg EPA plus 120 mg DHA

Science-Backed Quality Since 1969

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

WARNING: Consult your healthcare provider before use if you are taking a blood-thinning medication. For adults only. Consult physician before using this or any product if you are pregnant or nursing, taking medication, or if you 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

Heart and Brain Health*

LEMON FLAVOR

DIETARY SUPPLEMENT | 150 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1%
Cholesterol	5 mg	2%
Omega-3 Fish Oil 18/12 (GMO free) (anchovy, sardine)		
EPA (eicosapentaenoic acid)	180 mg	**
DHA (docosahexaenoic acid)	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, mixed tocopherols (vitamin E).
Contains fish (anchovy, sardine), soy.

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