

Carlson

Norwegian

Purity
Potency
Freshness
Guaranteed

Dietary
Supplement

The Very Finest

FISH OIL

OMEGA-3s DHA & EPA



Great
LEMON Taste!

120 SOFT GELS: 1000 mg

1631-10

Carlson: Specializing in the finest Norwegian fish oils since 1982.

Medical Scientists Internationally are encouraging people to eat more fish. Fish body oil is a **MAJOR SOURCE** of the polyunsaturated Omega-3s EPA and DHA.

For those individuals who do not eat an oily fish diet, Carlson offers Omega-3s in easy-to-swallow soft gelatin capsules. Carlson soft gels contain 1000 mg (1 gram) of a special concentrate of fish body oils from deep, cold water fish which are especially rich in the important Omega-3s EPA and DHA.

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per 1 Soft Gel	% DV	Amount Per Day (5 Soft Gels)	% DV
Calories	10		45	
Calories from Fat	10		45	
Total Fat	1 g	2% ☆	5 g	8% ☆
Cholesterol	<5 mg	2%	20 mg	7%
Vitamin E Natural (d-Alpha Tocopherol)	10 IU	33%	50 IU	166%
Norwegian Fish Oil	1000 mg	†	5000 mg	†
Total Omega-3 Fatty Acids	320 mg	†	1600 mg	†
EPA (Eicosapentaenoic Acid)	160 mg	†	800 mg	†
DHA (Docosahexaenoic Acid)	100 mg	†	500 mg	†
Other Omega-3s	60 mg	†	300 mg	†

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

† Daily Value (DV) not established.

Other Ingredients: Natural tocopherols, natural lemon flavor, Soft Gel Shell: Beef gelatin, glycerin, water. Contains fish (anchovy, sardine, mackerel).

Directions: Adults take one soft gel, one to five times daily, at mealtime. Five soft gels provide the same amount of Omega-3s as one teaspoonful (5 ml) of Carlson The Very Finest Fish Oil Liquid. Gluten-free. Preservative-free.

PURITY GUARANTEED

This product is regularly tested (using AOAC International protocols) for freshness, potency and purity by an independent, FDA-registered laboratory and has been determined to be fresh, fully-potent and free of detrimental levels of mercury, cadmium, lead, PCB's and 28 other contaminants.

POTENCY & QUALITY GUARANTEED

Distributed by Carlson Division of J.R. Carlson Laboratories, Inc., Arlington Heights, IL 60004

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• An F.D.A. Regulated Facility •



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* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Promotes Healthy Heart, Arteries, Joints & Brain-Nerve Function *