

30 FREE

Carlson Norwegian

Purity
Potency
Freshness
Guaranteed

The Very Finest

FISH-OIL

OMEGA-3S DHA & EPA



Great
LEMON Taste!

30 SOFT GELS: 1000 mg

Dietary
Supplement

1694 - 16

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
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% ☆
Cholesterol	<5 mg	2%
Vitamin E Natural (d-Alpha Tocopherol)	10 IU	33%
Norwegian Fish Oil	1000 mg	†
Total Omega-3 Fatty Acids	320 mg	†
EPA (Eicosapentaenoic Acid)	160 mg	†
DHA (Docosahexaenoic Acid)	100 mg	†
Other Omega-3s	60 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 daily, at mealtime.

Gluten-free. Preservative-free.

Distributed by Carlson Division of J.R. Carlson
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• An F.D.A. Regulated Facility •

Fresh Lemon Flavor Inside Each Soft Gel

POTENCY &
QUALITY
GUARANTEED

