



Carlson



MCT & Omega-3

**1,480 mg Omega-3s +
9,200 mg (9.2 g) MCTs**



DIETARY SUPPLEMENT

✓ **Energy Production***
✓ **Fat Metabolism*** ✓ **Brain Health***

6.7 fl oz (200 mL)

**Natural
Lemon
Lime
Flavor**

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

Carlson.

Providing the finest Norwegian
omega-3s since 1982

Supplement Facts

Serving Size 1 Tablespoon (15 mL)

Servings Per Container about 13

Amount Per Serving	% DV
Calories	130
Total Fat	14 g 18%**
Saturated Fat	8 g 40%**
Cholesterol	55 mg 18%
Medium Chain Triglyceride Oil (from Coconut)	9.2 g †
Providing Minimum:	
Caprylic Acid	5.0 g
Capric Acid	3.2 g
Norwegian Fish Oil	4.6 g †
Total Omega-3 Fatty Acids*	1,480 mg †
EPA (Eicosapentaenoic Acid)*	360 mg †
DHA (Docosahexaenoic Acid)*	900 mg †

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

† Daily Value (DV) not established. *Reported as triglycerides.

Other Ingredients: Natural lemon flavor, natural lime flavors. Contains <0.5% of the following: antioxidant blend (natural mixed tocopherols, rosemary extract). Contains fish (cod, pollock, and haddock), and tree nuts (coconut).

Directions: Adults: take one tablespoonful daily at mealtime. Refrigerate after opening, and use within 100 days. Do not use in foam (polystyrene) cups, as they may disintegrate.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

PURITY GUARANTEED

This product is regularly tested by independent FDA registered laboratories. It has been determined to be fresh and fully potent (per AOCS international protocols) and is free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.

Manufactured & bottled in Norway for J. R. Carlson Laboratories, Inc.
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