

Pharmaceutical Grade\* and Distilled for Purity

N O R D I C



N A T U R A L S ®



Great  
lemon taste!



OMEGA-3D™

Purified Fish Oil with Vitamin D3

Natural Triglyceride Form

Dietary Supplement

Meets our daily needs for  
Omega-3 and Vitamin D

8 Fluid Ounces • 237 Milliliters

## Supplement Facts

Serving Size: 1 Teaspoon (5 ml)

Servings per bottle: 48

Amount Per Serving % Daily Value\*

Calories 45

Calories from fat 45

Total Fat 5.0 g 8%

Saturated Fat 1.5 g 8%

Trans Fat 0 g †

Vitamin D3 (cholecalciferol) 1000 I.U. 250%

Vitamin E (d-alpha tocopherol) 30 I.U. 100%

Omega-3s Weight\* Volume %

EPA (Eicosapentaenoic Acid) 825 mg 18%

DHA (Docosahexaenoic Acid) 550 mg 12%

Other Omega-3s 350 mg 8%

Total Omega-3s 1725 mg 38%

Oleic Acid (Omega-9) 290 mg 6%

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

† Daily Value not established. ‡ Natural Triglycerides

Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), vitamin D3 (cholecalciferol in sesame oil), natural lemon flavor, d-alpha tocopherol, rosemary extract.

No gluten, milk derivatives, or artificial colors or flavors.

May contain traces of peanut and/or soy derivatives.

Please ♻ this container

\* These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

Distributed from the U.S. by:  
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Watsonville, CA 95076

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