

Pharmaceutical Grade* and Distilled for Purity

Nordic Naturals Omega-3D liquid is a great-tasting, fresh, and pure source of omega-3s, vitamin E, and vitamin D3. This formula is essential for good nutrition and overall wellness.* Omega-3D liquid provides over 100% of the daily value of vitamin D for adults and children over four years of age.

♦All Nordic Naturals fish oils surpass all pharmaceutical standards for freshness and purity. Every batch is third-party tested, showing no detected levels of heavy metals, dioxins, or PCBs.

Suggested Use: One teaspoon daily, with food, or as directed by your health care professional or pharmacist.

Do not take if tamper evident seal is broken or missing

Refrigerate after opening

Best if used within 3 months after opening

Warning: Consult with your physician before using this product if you are allergic to iodine, use blood thinners, or anticipate surgery.

Keep out of the reach of children

* 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:
NORDIC NATURALS, INC.
Watsonville, CA 95076

Customer Service:
800.662.2544
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Dietary Supplement

NORDIC NATURALS®



NATURALS®

Great
lemon taste!



OMEGA-3D™

Purified Fish Oil with Vitamin D3

Natural Triglyceride Form

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.