

Pharmaceutical Grade* and Distilled for Purity

Each serving of Nordic Naturals Omega-3 provides approximately 690 mg of important omega-3 fatty acids, generously fulfilling the daily recommendation by ISSFAL of a minimum of 500 mg per day.® Omega-3 fatty acids are essential for good nutrition and overall wellness.* Since the body cannot produce these fats, they must be consumed through diet or supplementation.

❖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.

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Suggested Use: Two soft gels daily, with food, or as directed by your health care professional or pharmacist.

Store in a cool, dry place, away from sunlight

Do not take if tamper evident seal is broken or missing

Product protected by U.S. patent #s 6346231 & 6641837

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
www.nordicnaturals.com



N O R D I C  N A T U R A L S ®

Great
lemon taste!



OMEGA-3

PURIFIED FISH OIL

Natural Triglyceride Form

Purified fish oil for optimal wellness*

180 Soft Gels • 1000 mg Purified Fish Oil

Supplement Facts

Serving Size: **2 Soft Gels**

Servings per container: **90**

Amount Per Serving	% Daily Value*	
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.6 g	3%
Trans Fat	0 g	†
Vitamin E (d-alpha tocopherol)	30 I.U.	100%
Omega-3s	Weight‡	Volume %
EPA (Eicosapentaenoic Acid)	330 mg	18%
DHA (Docosahexaenoic Acid)	220 mg	12%
Other Omega-3s	140 mg	8%
Total Omega-3s	690 mg	38%
Oleic Acid (Omega-9)	116 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), soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

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

Contains vitamin E derived from refined soybean oil.

Please ♻ this container

Dietary Supplement



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