

Molecularly Distilled | Guaranteed Purity

NORDIC



NATURALS®

Omega-3 Phospholipids™ combines one of our top-selling triglyceride-form fish oils with phospholipid-bound omega-3s from sustainably sourced herring roe. This unique formulation has naturally occurring phosphatidylcholine, and meets the expert-recommended dose of 500 mg omega-3 essential fatty acids per day. It supports heart and cognitive health, and healthy cell development and maintenance.*

Wild caught. Pure. No fishy aftertaste. Friend of the Sea certified.

Every batch of Nordic Naturals fish oils is tested by a third-party certified lab for environmental toxins, including heavy metals. All fish oils are in the triglyceride form and surpass the strictest international standards for purity and freshness. Certificates of Analysis available upon request.

Suggested Use: Two soft gels daily, 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

Keep out of the reach of children

Nordic Naturals products are never sold under any store brand

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

* 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.

- ✓ **Healthy Heart***
- ✓ **Brain Health***
- ✓ **Cognitive Function***

OMEGA-3™ PHOSPHOLIPIDS

500 mg Omega-3 + 350 mg Phospholipids
The Potent Alternative to Krill



Fish oil processed in Norway.
Manufactured in the U.S. by:
NORDIC NATURALS, Mfg.
111 Jennings Drive
Watsonville, CA 95076
800.662.2544
nordicnaturals.com

Dietary Supplement | 60 Soft Gels

Supplement Facts

Serving Size: 2 Soft Gels
Servings per container: 30

Amount Per Serving	% Daily Value**	
Calories	15	
Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Cholesterol	40 mg	13%
Total Omega-3s	500 mg	†
EPA (Eicosapentaenoic Acid)	190 mg	†
DHA (Docosahexaenoic Acid)	200 mg	†
Other Omega-3s	110 mg	†
Total Phospholipids	350 mg	†
Phosphatidylcholine	300 mg	†
Other Phospholipids	50 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Ingredients: herring roe extract, purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, glycerin, water, carob color), d-alpha tocopherol (antioxidant), rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificially derived colors or flavors.

Please ♻ this container

Rev.G-01

