

Molecularly Distilled | Guaranteed Purity

NORDIC NATURALS®



Nordic Naturals Omega-3 in fish gelatin soft gels offers 690 mg of omega-3 per serving, surpassing the expert-recommended dose of 500 mg per day. Adequate omega-3 intake is essential to support good nutrition and overall well-being, including healthy heart and brain function, as well as mood, cognition, and immunity.*

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 fish 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

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.



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

- ✓ **Healthy Heart***
- ✓ **Brain Health***
- ✓ **Optimal Wellness***

Great
lemon
taste!



OMEGA-3

690 mg Omega-3

Perfect maintenance omega-3 formula
for pescatarian and restricted diets*



Superior Triglyceride Form

Dietary Supplement | 60 Soft Gels

Supplement Facts

Serving Size: 2 Fish Gels
Servings per container: 30

Amount Per Serving	% Daily Value**	
Calories	20	
Total Fat	2 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Cholesterol	10 mg	3%
Total Omega-3s	690 mg	†
EPA (Eicosapentaenoic Acid)	330 mg	†
DHA (Docosahexaenoic Acid)	220 mg	†
Other Omega-3s	140 mg	†

Please ♻️ this container

Rev.E-01

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

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

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