

**Directions:** As a dietary supplement, take one or more softgels daily.

This product contains omega-3 fatty acids, and has passed quality control tests for mercury, lead and cadmium purity. Omega-3 fatty acids promote healthy cardiovascular function, and may help support healthy cholesterol and triglyceride levels within a normal range. They may also support a healthy inflammatory response in your body.<sup>†</sup>

No sugar, salt, starch, yeast, corn, lactose, gluten, milk, egg products, artificial coloring, flavoring, or preservatives added.

Store in a cool, dry place. Do not refrigerate. Please recycle.

**KEEP OUT OF THE REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.**

<sup>†</sup> These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Viva Vitamins™ fully guarantees the potency of this product through:



regular strength



300 mg Omega-3 Fatty Acids

Promote healthy  
cardiovascular function<sup>†</sup>

250 softgels  
dietary supplement



# OMEGA 3 FATTY ACIDS

WITH LEMON OIL (NO 'FISH BURPS')

## Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 250

|                                   | Amount Per Serving | %DV |
|-----------------------------------|--------------------|-----|
| Calories                          | 9                  |     |
| Calories from Fat                 | 9                  |     |
| Total Fat                         | 1 g                |     |
| Saturated fat                     | 0.1 g              |     |
| Polyunsaturated fat               | 1.1g               |     |
| Monounsaturated fat               | 0.2 g              |     |
| Cholesterol                       | 1 mg               |     |
| Vitamin E (as d-alpha tocopherol) | 2 IU               | 7   |
| Fish Oils                         | 1,000 mg           | **  |
| Total Omega-3 Fatty Acids         | 300 mg             |     |
| Eicosapentaenoic Acid (EPA)       | 180 mg             | **  |
| Docosahexaenoic Acid (DHA)        | 120 mg             | **  |
| Lemon Oil                         | 10 mg              | **  |

\* Percent Daily Value is based upon a 2,000 calorie diet.

\*\* Daily value not established.

**Other Ingredients:** Gelatin, glycerin and water.

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for more information visit [www.vivavitamins.com](http://www.vivavitamins.com)  
**MADE IN THE USA**