

DIRECTIONS: For adults, take two (2) softgels daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

EPA and DHA from Fish Oil have the ability to promote heart, circulatory, and metabolic health.* Phytosterols help to reduce cholesterol absorption from the digestive tract.*

**Foods and dietary supplements containing at least 0.5 g per serving of phytosterols eaten with meals or snacks for a daily total intake of 2 g as part of a diet low in saturated fat and cholesterol may reduce the risk of coronary heart disease through the intermediate link of blood total and LDL cholesterol. A serving of Omega-3 Fish Oil Plus Cholesterol Support* provides 0.5 grams of phytosterols.

Our Fish Oil is purified to eliminate mercury.

*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.

TO REORDER ITEM # 55634

www.puritan.com

1-800-645-1030

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PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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Puritan's Pride

OMEGA-3

Fish Oil 1000mg[†]
Plus

Cholesterol
Support*

Purified to
eliminate mercury

Supports Heart Health*
Helps Lower Cholesterol**



60 rapid release
softgels

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 2 Softgels

Servings Per Container 30

Amount Per Serving	%Daily Value	
Calories	15	
Total Fat	1.5 g	2%***
Cholesterol	10 mg	3%
Ester-Omega® Fish Oil	1,000 mg (1 g)	****
provides 300 mg of Total Omega-3 Fatty Acids† comprising of:		
EPA (Eicosapentaenoic Acid)		****
DHA (Docosahexaenoic Acid)		****
Other Fatty Acids		****
Phytosterol Complex	900 mg	****
Providing: Sterol Esters (Beta Sitosterol, Campesterol, Stigmasterol) equivalent to 500 mg of plant sterols		

***Percent Daily Values are based on a 2,000 calorie diet.

****Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin. Contains <2% of: Mixed Natural Tocopherols, Natural Caramel Color. Contains fish (anchovy, herring, mackerel, sardine) ingredients.

†As Natural Triglycerides 0 Per Serving