



FISH OIL

Fish oil is one of the most commonly consumed dietary supplements. It's rich in omega-3 fatty acids which are important in preventing and managing heart disease. Studies have shown that fish oil may help lower blood pressure. If you're not an avid fish eater, taking a fish oil supplement can help you get the omega-3 fatty acids you've been missing out on.

FRESH NUTRITION

Our goal is to create high-quality natural products using both organic and responsibly sourced ingredients to optimize health and well-being.

RECOMMENDED DOSAGE

Take three (3) softgel capsules daily with sufficient water before a meal.

No Artificial Colors.
No Artificial Flavors.
No Preservatives.
Gluten-Free, Vegan.

Made with Non-GMO,
All Natural Ingredients!

QUALITY
VERIFIED

To provide our consumers with complete confidence in our product quality, every batch is 3rd party tested for quality & purity.

fresh
nutrition

All Natural FISH OIL



HEALTHY
HEART
SUPPORT

- LOWER BLOOD PRESSURE*
- REDUCE TRIGLYCERIDES*
- PROMOTES HEALTHY ARTERIES*

100 Softgel Capsules | Dietary Supplement



www.fresh-nutrition.com



Supplement Facts

Serving Size 2 Softgel Capsules
Servings Per Container 30

Amount Per Serving	%DV
Calories 23	
Calories from Fat 16	
Total Fat 2g	5%**
Polyunsaturated Fat 0.7g	
Monounsaturated Fat 0.3g	
Saturated Fat 0.7g	
Cholesterol 16mg	8%**
Total Carbohydrates 0.7g	Less than 1%**
Protein Less than 0.7g	
Fish Oil Concentrate 2000mg	*
Total Omega-3 Fatty Acids 320mg	*
Omega-3 EPA (Eicosapentaenoic Acid) 180mg	
Omega-3 DHA (Docosahexaenoic) 120mg	
Omega-3 Other 20mg	

*Daily value not established



Ingredients: Fish Oil, Gelatin, Glycerin, Water and Mixed Tocopherols.
Contains Fish (Anchovy, Sardine)

*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.

Manufactured For
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For More Info Visit www.fresh-nutrition.com