



Suggested Use: As a dietary supplement, take 2 softgels daily with a meal.
Best results obtained with daily use.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	20	
Total Fat	2 g	3%*
Cholesterol	Less than 5 mg	<2%*
Vitamin D (as cholecalciferol)	62.5 mcg (2,500 IU)	313%
Omega-3 Fatty Acids	1,250 mg	†
EPA (Eicosapentaenoic acid)	650 mg	†
DHA (Docosahexaenoic acid)	500 mg	†
Other Omega-3 Fatty Acids	100 mg	†
BioPerine® Black pepper extract (fruit)	5 mg	†
Natural Astaxanthin (AstaReal® Haematococcus pluvialis algae extract)	4 mg	†

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

Ingredients: Highly Refined and Concentrated Omega-3 Marine Oil (derived from one or more of anchovy, sardine, mackerel), Capsule Shell (gelatin, glycerin, purified water, annatto extract, carob), **Proprietary LemonLock™ Freshness System** (natural lemon flavor, antioxidant blend consisting of natural tocopherols, Rosemary extract, and ascorbyl palmitate), Astaxanthin extract, BioPerine® (black pepper extract), cholecalciferol.

Contains Fish (anchovy, sardine, mackerel)

BioPerine® is a registered trademark of Sabinsa Corporation.

AstaReal® is a registered trademark of Fuji Chemical Industries Co., Ltd.

