



Suggested Use: Adults take 1 softgel twice daily. FOR DAILY USE.

## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 60

One Softgel Contains	% Daily Value	
Calories	10	
Calories from Fat	5	
Total Fat	1 g	2%
Polyunsaturated Fat	0.5 g	†
Cholesterol	Less than 5 mg	<2%*
Vitamin D (Cholecalciferol)	500 IU	125%
Omega-3 Fatty Acids	450 mg	†
EPA (Eicosapentaenoic acid)	215 mg	†
DHA (Docosahexaenoic acid)	155 mg	†
Other Omega-3s	80 mg	†
Phytosterols	400 mg	†
Coenzyme Q10	25 mg	†

\*Percent daily values are based on a 2000 calorie diet.  
†Daily value not established.

Other Ingredients: Highly Refined and Concentrated Omega-3 Fish Oil (anchovy, sardine, mackerel), Phytosterol Complex (beta-sitosterol, campesterol, stigmasterol, and other sterols), Capsule Shell (gelatin, glycerin, purified water, titanium dioxide, caramel color), Beeswax, Coenzyme Q10, **Proprietary LemonLock™ Freshness System** (natural lemon flavor, natural lime flavor, antioxidant blend consisting of natural tocopherols (soy), rosemary extract, and ascorbyl palmitate), Lecithin (soy), Cholecalciferol. Contains fish and soy (source of natural tocopherols).

Do not use if Safety Seal is broken.  
Third-Party Tested

