

SAFETY SEALED. DO NOT USE IF  
PRINTED SEAL UNDER CAP IS  
CUT, TORN, OR MISSING.

**SATISFACTION  
GUARANTEED OR YOUR  
MONEY BACK.**

**WARNING:** Before taking this product  
please consult with your healthcare  
professional if you are pregnant, nursing  
or if you have any medical conditions or  
are taking any medicines.



exchange  
select



**Natural**  
**OMEGA-3**  
**1000 mg**  
**Fish Oil Concentrate**

**Dietary Supplement**  
**Supports Heart Health\***

**60 Softgels**

Laboratory tested to release nutrient within 45 minutes.

**Supplement Facts**

Serving Size 1 Softgel

| Each Softgel Contains | % Daily Value |
|-----------------------|---------------|
|-----------------------|---------------|

|             |  |
|-------------|--|
| Calories 11 |  |
|-------------|--|

|                     |  |
|---------------------|--|
| Calories from Fat 9 |  |
|---------------------|--|

|               |       |
|---------------|-------|
| Total Fat 1 g | 2% ** |
|---------------|-------|

|                      |        |
|----------------------|--------|
| Saturated Fat <0.5 g | <3% ** |
|----------------------|--------|

|                            |     |
|----------------------------|-----|
| Polyunsaturated Fat <0.5 g | *** |
|----------------------------|-----|

|                            |     |
|----------------------------|-----|
| Monounsaturated Fat <0.5 g | *** |
|----------------------------|-----|

|                  |       |
|------------------|-------|
| Cholesterol 6 mg | 2% ** |
|------------------|-------|

|                                                                                            |     |
|--------------------------------------------------------------------------------------------|-----|
| Natural Fish Oil Concentrate 1000 mg                                                       | *** |
| Omega-3 Fatty Acids (EPA [Eicosapentaenoic Acid]<br>and DHA [Docosahexaenoic Acid]) 300 mg | *** |

\*\*Percent Daily Values (DV) are based on a 2,000  
calorie diet.

\*\*\*Daily Value (DV) not established.

**INGREDIENTS:** Fish Oil Concentrate, Gelatin, Purified Water  
USP, Glycerin, Natural Flavors.

**Contains:** Fish (Anchovy, Herring, Jack Mackerel, Mackerel,  
Sardine).

**Directions:** Take one softgel three times daily with a full glass  
of water, preferably after a meal.

**NO ARTIFICIAL COLORS OR FLAVORS • NO SALT NO YEAST  
NO LACTOSE • NO SUGAR • NO CHEMICAL SOLVENTS  
NO STARCH • NO WHEAT • NO TRANS FAT  
NO PRESERVATIVES • NO GLUTEN**

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).

Fish Oil naturally contains the Omega-3 Fatty  
Acids, EPA and DHA. Omega-3 Fatty Acids help  
maintain heart and vascular health. It also helps  
maintain healthy joints.\*

Supportive but not conclusive research shows  
that consumption of EPA and DHA Omega-3  
fatty acids may reduce the risk of coronary heart  
disease.\*

\*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:

Your Military Exchanges By:  
International Vitamin Corporation  
Freehold, NJ 07728

Made in USA of US and imported  
ingredients. ©2010

Questions or Comments:

1-866-927-5470

FRESHNESS AND POTENCY GUARANTEED THROUGH:

134087  
518124  
USA641635