

SUGGESTED USE: Adults, as a dietary supplement, take two (2) capsules daily with a meal.

WARNING: IF YOU HAVE A BLOOD COAGULATION CONDITION OR ARE TAKING ANTICOAGULANTS SUCH AS WARFARIN (COUMADIN®), DO NOT USE.

KEEP OUT OF REACH OF CHILDREN.

DO NOT USE IF SAFETY SEAL IS BROKEN.

IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.

Dr. Mercola has been providing quality products since 2001.

The Herring in this product comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery. www.msc.org

10327-v100



DR. MERCOLA®

HERRING CAVIAR OIL

CERTIFIED
SUSTAINABLE
SEAFOOD
MSC
www.msc.org



MSC-C-54900

**OMEGA-3s
WITH CHOLINE &
PHOSPHOLIPIDS**

Dietary Supplement

180 Capsules

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 90

	Amount Per Serving	%DV
Calories	10	
Total Fat	1 g	1%*
Cholesterol	40 mg	13%
Choline (from Herring Caviar Oil)	40 mg	7%
Herring Caviar Complex (Herring Caviar Extract†, Organic Medium Chain Triglyceride Oil)	1,000 mg	**
Total Phospholipids	420 mg	**
Phosphatidylcholine	345 mg	**
Phosphatidylethanolamine	26 mg	**
Total Omega-3 Fatty Acids	160 mg	**
EPA (Eicosapentaenoic Acid)	40 mg	**
DHA (Docosahexaenoic Acid)	110 mg	**

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

**Daily Value (DV) not established.

OTHER INGREDIENTS: Capsule (Fish Gelatin), D-Limonene.

CONTAINS FISH (HERRING, TILAPIA).

DISTRIBUTED BY: NHP, 125 SW 3rd Place
Cape Coral, FL 33991 USA (877) 985-2696

†Herring - MSC Certified