

MEGA-DHA IS THE PREMIER FISH OIL SOURCE OF DHA—an essential fatty acid needed for proper eye and brain development, as well as mental and visual function.*

Supportive, but not conclusive, research shows that consumption of EPA and DHA Omega-3 fatty acids **may reduce the risk of coronary heart disease.** *[See Supplement Facts for total fat and cholesterol content.]*

- **Molecularly distilled**
- **Tested for PCBs, heavy metals** (including mercury), and other impurities
- **No starch, or artificial colors.**

KEEP OUT OF REACH OF CHILDREN. Safety sealed with printed inner seal. Do not use if seal is broken or missing. Store in a cool, dry place.

©2019 Distributed by Nature's Way Brands, LLC
Green Bay, WI 54311 USA

QUESTIONS? 1-800-9NATURE / naturesway.com.

◆ LG15682.A01 BLK9052A



PLEASE
RECYCLE

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



MEGA-DHA

PREMIUM FISH OIL

EYE AND BRAIN HEALTH*



1,000 MG PER SOFTGEL
MOLECULARLY DISTILLED PLUS VITAMIN E
41% DHA • 16% EPA

60 SOFTGELS **DIETARY SUPPLEMENT**

RECOMMENDATION: Take 2 softgels daily. If you are pregnant, nursing, or taking any medications, consult a health-care professional before use.

Supplement Facts

Serving Size 2 Softgels / Servings per Container 30

Amount per Serving		% DV
Calories	20	
Total Fat	2 g	3%†
Saturated Fat	0 g	0%†
Trans Fat	0 g	**
Polyunsaturated Fat	2 g	**
Monounsaturated Fat	0 g	**
Cholesterol	20 mg	7%
Vitamin E (as d-alpha tocopherol)	13.4 mg	89%
Fish Oil	2 g	**
Total Omega-3 Fatty Acids	1.2 g	**
Docosahexaenoic Acid (DHA)	838 mg	**
Eicosapentaenoic Acid (EPA)	338 mg	**

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

OTHER INGREDIENTS: gelatin (softgel), glycerin, purified water

Contains fish (anchovy).