

Directions:

Adults and adolescents 14 years and older take 1 softgel daily. Do not bite or chew.

Keep out of reach of children. Do not use if safety seal is broken or missing. Store in original container, in a cool place protected from light.

Let's Grow Together
Find out more at naturesway.com



Omega-3
without the fish.

Balanced Formula

Provides a minimum of 300 mg DHA
& 150 mg EPA per softgel

Vegan-friendly

Plant-based Omega-3 in
gelatin-free softgel

Guaranteed Pure

View test results online at
purecheck.net

Pure  TM
Check for yourself.



NutraVegeTM
Omega-3
Plant [®]
Softgels

500 mg
Omega-3
per softgel

30 Softgels | Algal Oil Supplement

Supplement Facts

Serving Size 1 Softgel

Amount per Serving	% DV	
Calories	10	
Total Fat	1 g	1%†
Saturated Fat	0 g	0%†
Trans Fat	0 g	**
Polyunsaturated Fat	0.5 g	**
Monounsaturated Fat	0 g	**
Cholesterol	0 mg	0%
Algal Oil (<i>Schizochytrium</i> spp.)	1 g	**
Omega-3 Fatty Acids	500 mg	**
Docosahexaenoic Acid (DHA)	300 mg	**
Eicosapentaenoic Acid (EPA)	150 mg	**

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

Other ingredients: modified corn starch, glycerin, carrageenan, sorbitol, purified water, sunflower oil, natural flavor, preservatives to maintain freshness (rosemary extract, mixed tocopherols, ascorbyl palmitate)
Contains soy.



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