

Omega 3 / Fish Oil Supplements / Omega3 Oil / 1000 mg / 100 softgels

Name: Omega 3 / Fish Oil Supplements / Omega3 Oil /
1000 mg / 100 softgels



Essential fatty acids (EFAs) are vital for a good health, and cannot be produced by the body.*



Supplement Facts

Serving Size: 1 softgel

Servings per container: 100 softgels

Quantity per container: 100 softgels

Amount per Serving		% DV
Calories		10
Calories from Fat		10
Total Fat	1.0 g	2%
Polyunsaturated Fat	0.5 g	
Cholesterol	0.0 g	0%
Vitamin E (as D-Alpha Tocopherol)	1 IU	3%
Fish Oil	1,000 mg	*
Typically Contains		
EPA (Eicosapentaenoic Acid)	180 mg	*
DHA (Docosahexaenoic acid)	120 mg	*
% DV - % Daily Value		
* Daily values not established in USA		

Other Ingredients: Gelatin, Glycerin and Purified Water.

DIRECTIONS: Adults - Take one (1) softgel daily as a dietary supplement, preferably with meal.

INDICACIONES: Adultos - Tomar una (1) cápsula blanda diaria como un suplemento dietético, preferiblemente con una comida.

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