

**Directions:**

Adults and children 12 years and older take 4 softgels daily. Do not bite or chew.

Keep out of reach of children. Do not use if safety seal is broken or missing.

**Let's Grow Together**

Find out more at [naturesway.com](http://naturesway.com)



**1500 mg of EPA  
per serving**

Unique 3:1 EPA to DHA ratio

Easy-to-Swallow  
Softgels

Lemon essence means  
no fishy burp back

Guaranteed Pure

View test results online  
at [purecheck.net](http://purecheck.net)

<sup>†</sup>As compared to NutraSea™ Omega-3



**Pure**™  
Check for yourself.



NutraSea<sup>hp</sup>™  
**Omega-3**  
**Extra Strength<sup>†</sup>**



**1500 mg  
EPA/500 mg  
DHA**  
per 4 softgels

**120 Softgels | Fish Oil Supplement**

**Supplement Facts**

Serving Size 4 Softgels

Servings per Container 30

| Amount per Serving          | % DV      |
|-----------------------------|-----------|
| Calories                    | 45        |
| Total Fat                   | 4.5 g 6%† |
| Saturated Fat               | 1 g 5%†   |
| Trans Fat                   | 0 g **    |
| Polyunsaturated Fat         | 3 g **    |
| Monounsaturated Fat         | 1 g **    |
| Cholesterol                 | 15 mg 5%  |
| Protein                     | 1 g 2%†   |
| Fish Oil                    | 4.5 g **  |
| Total EPA/DHA               | 2 g **    |
| Eicosapentaenoic Acid (EPA) | 1.5 g **  |
| Docosahexaenoic Acid (DHA)  | 500 mg ** |

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

Other ingredients: gelatin, glycerin, purified water, natural flavor, preservatives to maintain freshness (mixed tocopherols, rosemary extract, ascorbyl palmitate), sunflower oil

Contains fish (anchovies, sardines, mackerel).



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Questions?  
1-800-NATURE /  
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