



TRUEbasics
DIETARY SUPPLEMENT

Omega-3

Fish Oil
1200 mg per softgel

HEART HEALTH**

60 softgels

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories 25		
Calories from Fat 25		
Total Fat 3.3 g	4%*	
Saturated Fat 0.3 g	4%*	
Polysaturated Fat 1 g	†	
Monounsaturated Fat 0.3 g	†	
Cholesterol 15 mg	3%	
Fish Oil 2.4 g (2400 mg)		†
Omega-3 fatty acids (EPA and DHA) 120 mg		†

*Percent Daily Values are based on a Diet of 600 calories per day. They may not add up to 100%.

INGREDIENTS: Fish Oil, Gelatin, Glycerin, Natural Mixed Tocopherols. **CONTAINS: SARDINES, ANCHOVIES, SPRAT, CLUPEA, SALMON, SOY**

*Omega-3 fatty acids help maintain heart and vascular health.***

Suggested Use: As a dietary supplement for adults, take two softgels daily with the meal(s) of your choice.

Caution: If you are pregnant or nursing a baby or if you are taking medication, planning any medical procedure, have a medical condition or have bleeding problems, consult your doctor before taking this product.

Keep out of reach of children.

Store at room temperature (20°-25°C).

This product is unconditionally guaranteed for freshness and labeled potency.

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Questions or comments?

1-800-703-4232

Distributed by:

TrueBasics
Allergan, Michigan
49013 USA

Gluten Free