

SPRING

VALLEY®

VITAMIN #1 BRAND

3
PER DAYNo Fish
Burps

All Natural
Regular Strength
Fish Oil
1000 mg

300 mg
Omega-3**HEART HEALTH***

Dietary Supplement

100 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Cholesterol	5 mg	2%
Fish Oil	1 g (1,000 mg)	††
provides 300 mg of Omega-3 Fatty Acids, comprising of:		††
EPA (Eicosapentaenoic Acid)		††
DHA (Docosahexaenoic Acid)		††

†Percent Daily Values are based on a 2,000 calorie diet.

††Daily Value not established.

OTHER INGREDIENTS: Gelatin, Glycerin, Cellulose -2% of Calcium Chloride, Mixed Natural Tocopherols, Pectin.

Contains fish (anchovy, mackerel, sardine) ingredients.

SUGGESTED USE: For adults, take one (1) softgel three times daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.

Purified to Eliminate Mercury

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium (less than 5 mg per serving).

MFG-30 is verified by the US Pharmacopoeia (USP).

MFG-3® and Trust the Source® are trademarks of Ocean Nutrition Canada, Ltd.

KEEP OUT OF THE REACH OF CHILDREN. KEEP IN A DRY PLACE, TIGHTLY CLOSED AND AVOID EXCESSIVE HEAT FOR YOUR PROTECTION. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

MANUFACTURED BY:
US Nutrition, Inc.
Bohemia, NY 11716-2010, USA
Questions or Comments?
Call 1-866-637-0342



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

Item No. 32941
8503476 01A

0 78742 08304 8