



Supplement Facts

Serving Size 1½ tsp (7.5 mL)

Servings Per Container 30

	Amount per serving	% Daily Value
Calories	60	
Total Fat	7 g	9%*
Saturated Fat	0 g	0%
Trans Fat	0 g	**
Polyunsaturated Fat	5 g	**
Monounsaturated Fat	1 g	**
Cholesterol	5 mg	2%
Vitamin D (as cholecalciferol)	25 mcg (1000 IU)	125%
Omega-3 fatty acids	4382 mg	**
Eicosapentaenoic Acid (EPA)	3380 mg	**
Docosahexaenoic Acid (DHA)	670 mg	**

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

**Daily Value not established.

Suggested Use



Take 1 1/2 tsp daily. Shake well before using. Do not use if you are taking physician prescribed blood thinning agents. Refrigerate after opening.