

EPA and DHA from Cold Water Fish Oil  
Solgar® Triple Strength Omega-3 is a synergistically balanced source of Omega-3 polyunsaturated fatty acids and includes oils from seasonally available cold water fish.

If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking this product. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged. For Best Before End and Batch No. information see neck of bottle.

Carefully Manufactured in the U.S.A.

For: Solgar, Inc., Leonia, N.J.

For: Solgar (U.K.) Ltd., Herts, HP23 5PT  
SXENB36761 00A



TRIPLE STRENGTH

# OMEGA-3

FROM COLD WATER  
FISH OIL CONCENTRATE

SUGAR, SALT AND STARCH FREE

100 SOFTGELS

FOOD SUPPLEMENT

## Ingredients

Two (2) softgels provide:

Cold Water Fish Oil Concentrate..... 2800 mg

Typically Providing:

Eicosapentaenoic Acid [EPA]†..... 1008 mg

Docosahexaenoic Acid [DHA]†..... 756 mg

Softgel Capsule Shell: gelatin

(from bovine), vegetable glycerin

(from palm kernel oil and coconut oil)

Antioxidant: mixed natural tocopherols

† Omega-3 polyunsaturated fatty acids, as ethyl esters

FREE OF: Gluten, Wheat, Dairy, Yeast,  
Preservatives, Sweeteners, Artificial Flavours  
or Colours.

**DIRECTIONS FOR USE:** As a food supplement for adults, two (2) softgels daily, preferably at mealtime, or as directed by a healthcare practitioner. Do not exceed directions for use.

Food supplements should not be used instead of a varied balanced diet and a healthy lifestyle.

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