Pure

MERCURY FREE. WILD CAUGHT.





16 FL 0Z (473 m L) WHOLE FOOD BASED DIETARY SUPPLEMENT



A spoonful a day keeps the doctor away.

We believe that omega-3 fatty acids may be critical for maintaining overall wellness. However, some fish oils are contaminated with toxins such as mercury, PCBs, and dioxins * We start with sustainably harvested.

small Menhaden fish, wild-caught in Mid-Atlantic waters. Each batch of Pure Omega-3 is molecularly distilled to remove impurities, tested for toxins, and bottled in UV-blocking glass to preserve freshness.

How to get started:

OFF THE SPOON: Consume 1 tsp daily for general health and wellness.* SMOOTHIES: Add 1 tsp to your favorite smoothie or shake recipe for a fresh boost of omega-3! COFFEE & TEA: Blend or stir 1 tsp. into coffee matcha, and more!

* 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.

Supplement Facts

Serving Size: 1 Teaspoon (5mL) Serving Per Container: About 95 Amount Por Serving % Daily Value

Total Fat	5g	6%
Saturated Fat	1.5g	8%
Cholesterol	25mg	10%
Total Carbohydrate	0g	0%4
Total Sugar	0g	1
Sodium	0g	0%4
Protein	0g	0%*
otal Omega-3	1,370mg‡	1
Eicosapentaenoic Acid (EPA)	590mg‡	1
Docosahexaenoic Acid (DHA)	450mg‡	1
Docosapentaenoic acid (DPA)	330mg‡	1

- A Percent Daily Values are based on a 2,000 calorie diet. ‡ Natural variation is expected
- Ingredients: Molecularly Distilled Fish Oil from

Small Fish, Natural Lemon Flavor, Rosemary Extract, Mixed Tocopherols (To Maximize Freshness), Monk Fruit Extract Allergens: Contains Fish (Menhaden).

All Fish Sustainably Harvested, Wild-Caught from the U.S. Menhaden Purse Seine Fishery. ALWAYS FREE OF: UNNECESSARY FILLERS.

SYNTHETIC COLORS, OR ANYTHING ARTIFICIAL. WEVERY BATCH 3RD PARTY TESTED. MANUFACTURED IN A COMP CERTIFIED FACILITY.

Distributed by-



Product of USA, Bottled in Canada Refrigerate after opening. Consume within 100 days of opening





KETO

