

25% MORE FREE • 25% MORE FREE

100%  
SATISFACTION  
GUARANTEE  
QUALITY

NATURE'S TRUTH®

VITAMINS

NATURAL  
LEMON FLAVOR

FISH OIL

1000 mg | 300 mg  
Omega-3

GLUTEN FREE  
NON GMO

CONTROLS  
FISH BURPS

125 QUICK RELEASE  
SOFTGELS

DIETARY SUPPLEMENT

PURIFIED TO  
ELIMINATE MERCURY

## Supplement Facts

Serving Size: 2 Quick Release Softgels

Servings Per Container: about 63

| Amount Per Serving          | % Daily Value  |      |
|-----------------------------|----------------|------|
| Calories                    | 20             |      |
| Total Fat                   | 2 g            | 3%** |
| Saturated Fat               | 0.5 g          | 3%** |
| Polyunsaturated Fat         | 1 g            | *    |
| Monounsaturated Fat         | 0.5 g          | *    |
| Cholesterol                 | <5 mg          | <1%  |
| Fish Oil                    | 2,000 mg (2 g) | *    |
| Total Omega-3 Fatty Acids   | 600 mg         | *    |
| EPA (Eicosapentaenoic Acid) | 360 mg         | *    |
| DHA (Docosahexaenoic Acid)  | 240 mg         | *    |

\*Daily Value not established.

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

OTHER INGREDIENTS: Gelatin, Vegetable Glycerin, Lemon Oil.  
Contains fish (anchovy, mackerel, sardine) ingredients.

• MAY REDUCE THE RISK OF  
CORONARY HEART DISEASE†

**DIRECTIONS:** For adults, take two (2) quick release softgels two to three times daily, preferably with meals.

**WARNING:** If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Keep out of reach of children. Store in a cool, dry place.

†Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease.

**NO** Gluten, Wheat, Yeast, Milk, Lactose, Soy, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives.

NON-GMO

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