

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

Ester-Omega® is a highly concentrated and purified Omega-3 Fish Oil selected from the finest deep sea, cold water fish. Formulated in an emulsified matrix to enhance potency, Ester-Omega® allows for maximum absorption of Omega-3 EPA and DHA fatty acids by the body. These essential fatty acids have been clinically tested for heart and cardiovascular health.* Ester-Omega® is molecularly distilled to remove Mercury. When choosing fish oil, make sure it's Ester-Omega®.

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. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*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.

TO REORDER ITEM # 19405
www.puritan.com
 1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
 Ronkonkoma, NY 11779 U.S.A.
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Puritan's Pride

OMEGA-3 Fish Oil 1200mg

PLUS Vitamin D3 25 mcg (1000 IU)
360mg ACTIVE OMEGA-3

Purified to
eliminate mercury
Supports Heart Health*



90 rapid release
softgels

DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) softgel three times daily, preferably with meals.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	15	
Total Fat	1 g	2%*
Polyunsaturated Fat	0.5 g	***
Cholesterol	10 mg	2%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU)	125%
Ester-Omega® Fish Oil	1,200 mg (1.2 g)	***
provides 360 mg of Total Omega-3 Fatty Acids† comprising at:		***
EPA (Eicosapentaenoic Acid)		***
DHA (Docosahexaenoic Acid)		***
Other Fatty Acids		***

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

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin. Contains <2% of: Corn Oil, Mixed Natural Tocopherols, Natural Caramel Color. Contains fish (anchovy, herring, mackerel, sardine) ingredients. †As Natural Triglycerides

No Artificial Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish, Sodium Free.