

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.

**WARNING:** If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical procedure 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.

Our Salmon Oil contains 2,000 mg per serving of the finest Salmon Oil available.

\*This statement has 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 # 4463**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

Carefully Manufactured by  
**PURITAN'S PRIDE, INC.**  
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 Puritan's Pride

**COLD WATER**

# Salmon Oil

## 1000mg

**210mg ACTIVE OMEGA-3**

Purified to  
eliminate mercury  
Supports Heart Health\*



**240** rapid release  
softgels

DIETARY SUPPLEMENT

**DIRECTIONS:** For adults, take two (2) softgels two times daily, preferably with a meal.

## Supplement Facts

Serving Size 2 Softgels  
Servings Per Container 120

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	10 mg	3%
Ester-Omega® Salmon Oil	2,000 mg (2 g)	***
provides 420 mg of Total Omega-3 Fatty Acids† comprising of:		***
Eicosapentaenoic Acid (EPA) 150 mg		***
Docosahexaenoic Acid (DHA) 180 mg		***
Other Fatty Acids		***

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

\*\*Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin. Contains fish (salmon) ingredients.  
†As Natural Triglycerides

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