

DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal.

EPA and DHA from Fish Oil have the ability to promote heart, circulatory, and metabolic health.* Vitamin D helps maintain strong bones and teeth by enhancing the absorption of Calcium and Phosphorus.* Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. One serving of Omega-3 Fish Oil Plus Bone Support* provides 300 mg total of EPA, DHA and other omega-3 fatty acids. See nutrition information for total fat and cholesterol content. Our Fish Oil is purified to eliminate mercury. (per serving)

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 # 55633
www.puritan.com
1-800-645-1030

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Puritan's Pride

OMEGA-3 Fish Oil 1000mg[†] Plus

Bone Support*

Purified to
eliminate mercury
Supports Heart Health*



60 rapid release
softgels

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	1%**
Cholesterol	5 mg	2%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU)	125%
Ester-Omega® Fish Oil	1,000 mg (1 g)	***
provides 300 mg of Total Omega-3 Fatty Acids† comprising of:		***
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.