



Directions:

Shake well before each use.
Adults and adolescents 14 years and older take 1 teaspoon (tsp) daily. Children 2–13 years take ½ tsp. daily.

If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Keep out of reach of children. Safety sealed with outer shrink-band. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight. Refrigerate after opening and consume within 100 days.

Let's Grow Together
Find out more at naturesway.com

Just one
teaspoon
a day

Clean, Light Taste

No fishy burp back

Easy to Absorb

Premium quality liquid form

Guaranteed Pure

View test results online
at purecheck.net

Pure™
Check for yourself.



NutraSea®

Omega-3®



**1250 mg
EPA/DHA**
per teaspoon

Zesty Lemon Flavored
16.9 FL OZ (1 PT) (500 mL) | Fish Oil Supplement

Supplement Facts

Serving Size	½ teaspoon (2.5 mL)		1 teaspoon (5 mL)	
Servings per Container	200		100	
	Age 2-3 % DV	Age 4+ % DV	Age 14+ % DV	
Calories	20	20	40	
Total Fat	2.5 g 6%†	2.5 g 3%†	4.5 g 6%†	
Saturated Fat	0.5 g 5%†	0.5 g 3%†	1 g 5%†	
Trans Fat	0 g **	0 g **	0 g **	
Polyunsaturated Fat	1 g **	1 g **	2 g **	
Monounsaturated Fat	0.5 g **	0.5 g **	1 g **	
Cholesterol	15 mg 5%†	15 mg 5%†	30 mg 10%†	
Fish Oil	2.25 g **	2.25 g **	4.5 g **	
Total EPA/DHA	0.63 g **	0.63 g **	1.25 g **	
EPA	375 mg **	375 mg **	750 mg **	
DHA	250 mg **	250 mg **	500 mg **	

†Percent Daily Values (DV) are based on a 2,000 calorie diet. †Percent Daily Values are based on a 1,000 calorie diet. **Daily Value not established.

Other ingredients: natural flavor, preservatives to maintain freshness (mixed tocopherols, green tea extract)

Contains fish (anchovies, sardines, mackerel, herring).

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