

Directions: Shake well before each use. Adults 18 years and older take 1 teaspoon (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

Omega-3 without the fish

Plant sourced formula

Provides a minimum of 150 mg EPA & 300 mg DHA per teaspoon

Clean, Light Taste

Great tasting and vegetarian friendly!

Guaranteed Pure

View test results online at purecheck.net

Pure™
Check for yourself.



NutraVege®

Plant-Based Omega-3



**500 mg
Omega-3
per teaspoon**

6.8 FL OZ (200 mL) Algal Oil Supplement

Strawberry Orange Flavored



Supplement Facts

Serving Size 1 teaspoon (tsp) (5 mL)
Servings per Container 40

Amount per Serving		% DV
Calories	40	
Total Fat	4.5 g	6%†
Saturated Fat	0.5 g	3%†
Trans Fat	0 g	**
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	3 g	**
Cholesterol	0 mg	0%
Algal oil (<i>Schizochytrium</i> spp.)	1 g	**
Omega-3 Fatty Acids	500 mg	**
Docosahexaenoic Acid (DHA)	300 mg	**
Eicosapentaenoic Acid (EPA)	150 mg	**

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

Other ingredients: sunflower oil, natural flavors, preservatives to maintain freshness (green tea extract, rosemary extract, mixed tocopherols), luo han guo fruit extract, ascorbyl palmitate (preservative to maintain freshness)

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LN12195C.01

BLQ9043



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