

Directions:

Adults and adolescents 14 years and older swallow 1 softgel daily. Do not chew.

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

Keep out of reach of children.

Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

Let's Grow Together

Find out more at naturesway.com



Omega-3 without the fish

Balanced Formula

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

Vegan-friendly

Plant-based Omega-3 in gelatin-free softgel

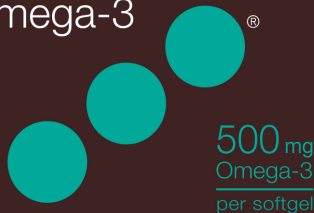
Guaranteed Pure

View test results online at purecheck.net



Nature's Way
NutraVege[®]

Plant-Based
Omega-3



30 Softgels | Algal Oil Supplement

Supplement Facts

Serving Size 1 Softgel

Amount per Serving	% DV†	
Calories	10	
Total Fat	1 g	1%†
Saturated Fat	0 g	0%†
Trans Fat	0 g	**
Polyunsaturated Fat	0.5 g	**
Monounsaturated Fat	0 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: modified corn starch, glycerin, carrageenan, sorbitol, sunflower oil, purified water, natural flavor, preservatives to maintain freshness (rosemary extract, mixed tocopherols, ascorbyl palmitate)

LN12197.A03

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Questions?
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