

Barlean's "Healthy Adult 50+" *Fresh Catch® Fish Oil* is for those who aspire to nutritionally support the optimal structure and function of:

- Joint Health & Mobility*
- Mental Health, Wellness & Acuity*
- Healthy Cholesterol Levels*
- Lean Muscle Mass*
- Energy & Endurance*
- Heart Health*
- Hormonal Health*
- Skin, Hair & Nail Health*

* 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.

Barlean's Organic Oils

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100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHEST BEFORE



BARLEAN'S
ORGANIC OILS



TASTES
GREAT

PURITY
GUARANTEED

Fresh Catch® Fish Oil

HEALTHY ADULT

50+ FORMULA

PHARMACEUTICAL GRADE • MOLECULARLY DISTILLED

OMEGA-3 EPA/DHA

60 Softgels / 1000 mg ea.



Supplement Facts

Serving Size 2 Softgels (2 g)

Servings Per Container 30

Amount Per Serving	% Daily Value*
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Calories 18	Calories from Fat 18
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Total Fat 2 g	4%
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Saturated Fat 90 mg	0%
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Polyunsaturated Fat 1535 mg	†
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Monounsaturated Fat 315 mg	†
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Cholesterol 10 mg	3%
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Vitamin E Natural 2 mg	20%
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(Mixed Tocopherols)

Omega-3 Polyunsaturated Fat

Eicosapentaenoic Acid (EPA) 1075 mg	†
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Docosahexaenoic Acid (DHA) 100 mg	†
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Alpha Linolenic Acid (LNA) 5 mg	†
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Other Omega -3 Fatty Acids 135 mg	†
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* Percent Daily Values (DV) are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: Pharmaceutical grade, molecularly distilled fish oil concentrate (anchovy, sardine, mackerel), gelatin, rosemary extract, natural citrus flavor, mixed natural tocopherols. **SUGGESTED USE:** 2 softgels daily with a meal.