

Barlean's "Healthy Mom" Fresh Catch® Fish Oil

is for health minded pregnant and lactating women who aspire to nutritionally support the optimal structure and function of:

- Brain Health & Cognitive Function*
- Attention Span & Intelligence*
- Central Nervous System Development*
- Immune Function*
- Postpartum Health and Well-being*
- Fetal and Infant Retinal Tissue*

* 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 MOM

PREGNANCY & LACTATION

PHARMACEUTICAL GRADE • MOLECULARLY DISTILLED

OMEGA-3 EPA/DHA

90 Softgels / 500 mg ea.



Supplement Facts

Serving Size 1 Softgel (1 g)

Servings Per Container 90

Amount Per Serving	% Daily Value*
Calories 5	Calories from Fat 5
Total Fat 0.5 g	1%
Saturated Fat 10 mg	0%
Polyunsaturated Fat 395 mg	†
Monounsaturated Fat 60 mg	†
Cholesterol 2 mg	0%
Vitamin E Natural 500 mcg	5%
(Mixed Tocopherols)	
Omega-3 Polyunsaturated Fat	
Eicosapentaenoic Acid (EPA) 50 mg	†
Docosahexaenoic Acid (DHA) 250 mg	†
Other Omega-3 Fatty Acids 65 mg	†

* 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:** 1 to 2 softgels daily with a meal.