

UNCONDITIONALLY GUARANTEED
for purity and labeled potency. Store
bottle with cap tightly closed in a cool,
dry place.

Precautions: Consult a health care
practitioner if you take warfarin or
other blood thinners, or are pregnant or
nursing, have a serious medical condition,
or use any medications.

Keep out of reach of children.

CalaMarine® is a registered trademark
of Pharma Marine AS.

MenaQ7® is a registered trademark
of NattoPharma ASA, Norway; Patented
in the United States and Canada.
US Patent Numbers 8,728,553 and
8,354,129; Canada Patent Number
2,347,387.



*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.



WHITAKER NUTRITION®

Omega Defense®

FOR ADVANCED
CARDIOVASCULAR
HEALTH¹

Includes CalaMarine®,
MenaQ7® MK-7, and
Vitamin D3



Dietary Supplement

60 SOFTGELS

Doctor's Suggested Use: Take 2 softgels once daily.

Supplement Facts

Serving Size: 2 Softgels

Servings Per Container: 30

Amount Per Serving		% DV
Calories	20	
Total Fat	2 g	3%¹
Cholesterol	<15 mg	5%
Vitamin D (as cholecalciferol)	50 mcg (2,000 IU)	250%
CalaMarine® Oil Concentrate (from squid)	2 g	*
DHA (docosahexaenoic acid)(as ethyl ester)	800 mg	*
EPA (eicosapentaenoic acid)(as ethyl ester)	200 mg	*
Menaquinone-7 (Vitamin K2)(MenaQ7®)	50 mcg	*

¹Percent Daily Values are based on a 2,000-calorie diet.

*Daily Value (DV) not established.

Other ingredients: Gelatin, glycerin, purified water, carob
extract (color), medium chain triglycerides, lemon oil,
caramel (color), mixed tocopherols (preservative, from soy)



Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com

SKU: CDK 02 G13000, 2023 R-2

Exp. Date

Lot No.

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or visit healthydirections.com

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