

Fish oil from cold water fish contains Omega-3 fatty acids. Country Life's Omega-3 contains a total of 1000 mg of these oils, with 180 mg of EPA and 120 mg of DHA in only 1 softgel. Consumption of Omega-3 fatty acids supports cardiovascular health.\*\*\*

As this product is derived from fish oil, it is third party tested for heavy metals and toxins such as mercury and lead to ensure purity and safety.

\*\*\* 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG  
 YES RECYCLABLE PACKAGING  
 YES MANUFACTURING SUPPORTS WIND POWER

NO YEAST, WHEAT OR MILK  
 NO SALT, SUGAR OR PRESERVATIVES  
 NO ARTIFICIAL FLAVORS OR SWEETENERS  
 NO MAGNESIUM STEARATE



This product does not contain common GE genes or proteins. Visit [igenprogram.com](http://igenprogram.com)

Lot No:

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Best by:

This product has been manufactured at a GMP Registered facility.



ESTABLISHED  
 - 1971 -

Country Life

• NATURAL •

OMEGA-3

Fish Body Oils

1,000 mg

Certified Gluten-Free



- Supports cardiovascular health\*\*\*
- 180 mg EPA/120 mg DHA in 1 softgel

Dietary Supplement 100 Softgels

Our PLEDGE of INTEGRITY -  
 AUTHENTICITY • CLEANLINESS • FRESHNESS  
 CONSISTENCY • ACCURACY

Directions: Adults take one (1) softgel daily. For best utilization, take with food. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 softgel

Amount Per Serving		% Daily Value
Calories	10	
Total Fat	1 g	1%*
Cholesterol	5 mg	2%*
Vitamin E (as d-alpha tocopherol)	6.7 mg (10 I.U.)	45%*
Fish Body Oils (from marine lipid fish body oil concentrate - anchovy, mackerel, sardine, herring, salmon)	1,000 mg (1 g)	**
providing: Eicosapentaenoic acid (EPA) 18% equal to 180 mg, Docosahexaenoic acid (DHA) 12% equal to 120 mg		

\* Percent Daily Values are based on a 2,000 calorie diet.  
 \*\* Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water, carob (color), ascorbyl palmitate. Contains fish (anchovy, mackerel, sardine, herring, salmon). 100% bovine gelatin, BSE-free. **CAUTION:** If you are pregnant, nursing, or taking medication, have a medical condition or planning surgery, consult a doctor before using this product. Stop using and consult a doctor if any adverse reactions occur. **Do not accept if seal is broken.** Store between 59°-86° F. Keep out of the reach of children.

MADE IN THE USA WITH GLOBALLY SOURCED INGREDIENTS  
 Manufactured for Country Life, LLC  
 180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)  
 CountryLifeVitamins.com • Product No. 4497