

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

**NO** YEAST, WHEAT OR MILK

**NO** SALT, SUGAR OR PRESERVATIVES

**YES** RECYCLABLE PACKAGING

**NO** ARTIFICIAL FLAVORS OR SWEETENERS

**YES** MANUFACTURING SUPPORTS  
WIND POWER

**NO** MAGNESIUM STEARATE



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

Lot No:

Best by:

This product has been  
manufactured at a GMP  
Registered facility.



Dietary Supplement **200** Softgels

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

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

**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)	**
<b>providing:</b> 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](http://CountryLifeVitamins.com) • Product No. 4498