

Dual Spectrum Omega-3 with Krill Oil is sourced from both krill and fish. Each serving provides you with 1,085 mg of Omega-3s – and you're getting these important Omega-3s from two ends of the spectrum. In addition to supporting heart health and healthy circulation, Omega-3s provide an energy source for your body, and support healthy joints.\* These rapid release liquid softgels provide you with the Omega-3s you need to be your healthy best.\*

\*\*Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease. See nutrition information for total fat and cholesterol content.

**WARNING:** If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

\*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.

Nutrition Questions or Comments?  
Call 1-800-433-2990  
Mon. - Sat. 9 AM - 7 PM ET



For educational health tips and to join our money saving Healthy Rewards™ program, visit [www.NaturesBounty.com](http://www.NaturesBounty.com)

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Prod. No. 52983 B52983 00A MAC

2

**NATURE'S BOUNTY**

EPA & DHA

DUAL SPECTRUM  
**OMEGA-3**

Krill & Fish Oil

**1085 mg<sup>†</sup>**  
per serving

Supports Heart Health\*

May Reduce The Risk Of  
Coronary Heart Disease\*\*

(see side panel)

TESTED FOR OPTIMUM PURITY & POTENCY

**RAPID RELEASE  
LIQUID SOFTGEL**



**60** SOFTGELS

DIETARY SUPPLEMENT

**DIRECTIONS:** For adults, take two (2) softgels daily, preferably with a meal.

**Supplement Facts**

Serving Size 2 Softgels  
Servings Per Container 30

Amount Per Serving	%Daily Value	
Calories	20	
Calories from Fat	15	
Total Fat	1.5 g	3%***
Polyunsaturated Fat	1.5 g	****
Monounsaturated Fat	0 g	****
Cholesterol	15 mg	5%
Krill Oil	500 mg	****
†provides 85 mg of Total Omega-3 Fatty Acids comprising of:		****
EPA (Eicosapentaenoic Acid) 40 mg		****
DHA (Docosahexaenoic Acid) 25 mg		****
Other Fatty Acids		****
Phospholipids	200 mg	****
Astaxanthin	100 mcg	****
Fish Oil	1,450 mg (1.45 g)	****
†provides 1,000 mg (1 g) of Total Omega-3 Fatty Acids comprising of:		****
EPA (Eicosapentaenoic Acid) 580 mg		****
DHA (Docosahexaenoic Acid) 239 mg		****
Other Fatty Acids		****

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

**Other Ingredients:** Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols. Contains shellfish (krill) and fish (anchovy, sardine) ingredients.  
**No** Artificial Color, Flavor or Sweetener, **No** Preservatives, **No** Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Gluten, **No** Wheat, **No** Yeast. Sodium Free.