

Do not accept if seal is broken. Product No. 4496

Store between 59°-86° F.

Keep out of the reach of children.

Purity tested for toxins such as PCBs as well as heavy metals including mercury and lead.

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.

Manufactured for: Country Life

101 Corporate Drive, Hauppauge, NY 11788

www.countrylifevitamins.com

Lot No:

10L007B
11/13

Best by:



Certified



Gluten-Free



Certified



Gluten-Free

ESSENTIAL FATTY ACIDS

OMEGA-3

1000 mg

NATURAL

Fish Body Oils

180 mg EPA and 120 mg DHA

50 Softgels

Dietary Supplement



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
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Calories 10	
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Calories from Fat 10	
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Total Fat 1 g	<2%*
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Cholesterol 5 mg	<2%*
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Vitamin C (as ascorbyl palmitate)	0.8 mg <2%
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Vitamin E (as d-alpha tocopherol)	10 I.U. 33%
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Fish Body Oils (from marine lipid fish body oil concentrate - anchovy, sardine, mackerel)	1,000 mg (1 g) **
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providing: eicosapentaenoic acid 18% equal to 180 mg,

Docosahexaenoic acid 12% equal to 120 mg)

Garlic Oil Concentrate (equivalent to 50 mg fresh garlic bulb)	0.1 mg **
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* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other Ingredients: Gelatin, glycerin, purified water, carob powder (color) (capsule shell). Contains soy and fish (anchovy, sardine, mackerel).

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, corn, wheat, gluten, milk, salt, sugar, starch, preservatives, or artificial flavors.