

Molecularly Distilled | Guaranteed Purity

NORDIC



NATURALS®

- ✓ **Healthy Heart***
- ✓ **Brain Health***
- ✓ **Cognitive Function***

OMEGA-3™ PHOSPHOLIPIDS

595 mg Omega-3/448 mg Phospholipids
The Potent Alternative to Krill



Dietary Supplement | 780 mg Soft Gels | 60 Count

Supplement Facts

Serving Size: 2 Soft Gels

Servings per container: 30

Amount Per Serving	% Daily Value*	
Calories	10	
Calories from fat	10	
Total Fat	1.3 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Cholesterol	40 mg	13%
Total Omega-3s	595 mg	†
EPA (Eicosapentaenoic Acid)	245 mg	†
DHA (Docosahexaenoic Acid)	275 mg	†
Other Omega-3s	75 mg	†
Total Phospholipids	448 mg	†
Phosphatidyl Choline	384 mg	†
Other Phospholipids	64 mg	†

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

Ingredients: herring roe extract, purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, carob), d-alpha tocopherol, rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors.

Please ♻ this container

Rev.C-01

Omega-3 Phospholipids™ combines one of our top-selling triglyceride-form fish oils with phospholipid-bound omega-3s from sustainably sourced herring roe. This unique formulation has naturally occurring phosphatidyl choline, and meets the expert-recommended dose of 500 mg omega-3 essential fatty acids per day. It supports heart and cognitive health, and healthy cell development and maintenance.*

Wild caught. Pure. No fishy aftertaste.

Every batch of Nordic Naturals fish oils is tested by a third-party certified lab for environmental toxins, including heavy metals. All fish oils are in the triglyceride form and surpass the strictest international standards for purity and freshness. Certificates of Analysis available upon request.

Suggested Use: Two soft gels daily, or as directed by your health care professional or pharmacist.

Store in a cool, dry place, away from sunlight

Do not take if tamper-evident seal is broken or missing

Keep out of the reach of children

Warning: Consult with your physician before using this product if you are allergic to iodine, use blood thinners, or anticipate surgery.

* 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.

Fish oil processed in Norway.
Distributed from the U.S. by:
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