

SAFETY SEALED. DO NOT USE IF
PRINTED SEAL UNDER CAP IS
CUT, TORN, OR MISSING.

**SATISFACTION
GUARANTEED OR YOUR
MONEY BACK.**

WARNING: Before taking this product
please consult your healthcare pro-
fessional if you are pregnant, nursing or
if you have any medical conditions or are
taking any medicines.



exchange
select



Natural
OMEGA-3
1000 mg
Fish Oil Concentrate

Dietary Supplement
Supports Heart Health*

60 Softgels

Laboratory tested to release nutrient within 45 minutes.

Supplement Facts

Serving Size 1 Softgel

Each Softgel Contains	% Daily Value
Calories 11	
Calories from Fat 9	
Total Fat 1 g	2%**
Saturated Fat <0.5 g	<3%**
Polyunsaturated Fat <0.5 g	***
Monounsaturated Fat <0.5 g	***
Cholesterol 6 mg	2%**
Natural Fish Oil Concentrate 1000 mg	***
Omega-3 Fatty Acids (EPA [Eicosapentaenoic Acid] and DHA [Docosahexaenoic Acid]) 300 mg	***

**Percent Daily Values (DV) are based on a 2,000
calorie diet.

***Daily Value (DV) not established.

INGREDIENTS: Fish Oil Concentrate, Gelatin (non-porcine),
Purified Water USP, Glycerin, Natural Flavors.

Contains: Fish (Anchovy, Herring, Jack Mackerel, Mackerel,
Sardine).

Directions: Take one softgel three times daily with a full glass
of water, preferably after a meal.

**NO ARTIFICIAL COLORS OR FLAVORS • NO SALT • NO YEAST
NO LACTOSE • NO SUGAR • NO CHEMICAL SOLVENTS
NO STARCH • NO WHEAT • NO TRANS FAT
NO PRESERVATIVES • NO GLUTEN**

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).

Fish Oil naturally contains the Omega-3 Fatty
Acids, EPA and DHA. Omega-3 Fatty Acids help
maintain heart and vascular health. It also helps
maintain healthy joints.*

Supportive but not conclusive research shows
that consumption of EPA and DHA Omega-3
fatty acids may reduce the risk of coronary heart
disease.*

*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.

Manufactured for:

Your Military Exchanges By:

International Vitamin Corporation

Freehold, NJ 07728

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Questions or Comments:

1-866-927-5470

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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518124
USA641635