

GMP COMPLIANT
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 1-800-961-4750
 Mercury Free



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Suggested Daily Intake: For adults, take one (1) softgel up to 3 times daily, preferably with a meal.

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Dosage Journalier Recommandé: Adultes: Prendre une (1) capsule molle jusqu'à trois fois par jour, de préférence au cours d'un repas.

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Consumo Quotidiano Raccomandato: Per gli adulti, prendere una (1) capsula morbida fino a tre volte al giorno, preferibilmente con un pasto.

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Vorgeschlagene tägliche Einnahme: Erwachsene nehmen 3x täglich (1) Gelkapsel mit einer Mahlzeit ein.

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Dosis diaria recomendada: Para adultos, tome una (1) cápsula blanda de una hasta tres veces al día, de preferencia con las comidas.

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Dose Diária Recomendada: Para adultos, tome uma (1) cápsula de gel, até três vezes ao dia, preferencialmente com as refeições.

Warning: If you are pregnant, nursing, have any health condition or are taking any medications, consult a health care professional before using this product. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

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guaranteed premium quality

dietary
 supplement

90
 softgels



Supplement Facts

Serving Size: One (1) Softgel
 Servings Per Container: 90

	Amount Per Serving	% DV
Calories	15	
Calories from Fat	10	
Total Fat	1g	2%**
Polyunsaturated Fat	0.5g	*
Vitamin E (as d-Alpha Tocopherol)	5 IU	17%
Fish Oil	400mg	*
Omega-3 Fatty Acids	200mg	*
EPA (Eicosapentaenoic Acid)	53mg	*
DHA (Docosahexaenoic Acid)	34mg	*
Organic Flaxseed Oil	400mg	*
Typical Fatty Acid Profile:		
Omega-3 Alpha Linolenic Acid (ALA)	180mg	*
Omega-6 Linoleic Acid	44mg	*
Omega-9 Oleic Acid	80mg	*
Borage Seed Oil	400mg	*
Typical Fatty Acid Profile:		
Omega-6 Linoleic Acid	140mg	*
Omega-6 Gamma Linolenic Acid (GLA)	76mg	*
Omega-9 Oleic Acid	56mg	*

*Daily Value (DV) not established.

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

Other Ingredients: Gelatin, vegetable glycerin, mixed natural tocopherols, purified water.

Allergen Information: Contains fish (anchovy, mackerel, sardine) ingredients.