

Barlean's Fresh Catch® Fish Oil is for those who aspire to nutritionally support the optimal structure and function of:

- Joint Mobility & Bone Density*
- Mental Health, Wellness & Acuity*
- Healthy Cholesterol Levels*
- Skin, Hair & Nail Health*
- Heart Health*
- Healthy Blood Glucose*

Purity Guaranteed - Ultra-Purified.

Free of mercury, lead, PCBs and other contaminants.

* 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.

Barlean's Organic Oils

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100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHEST BEFORE

EXP APR 2013
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ESTD 1989

BARLEAN'S
ORGANIC OILS



PHARMACEUTICAL
GRADE

ULTRA-PURIFIED

Fresh Catch®

FISH OIL

SUPPLEMENT

OMEGA-3 EPA/DHA

100 Softgels / 1000 mg ea.

ORANGE FLAVOR

Supplement Facts

Serving Size 2 Softgels (2 g)

Servings Per Container 50

Amount Per Serving	% Daily Value*
Calories 18	Calories from Fat 18
Total Fat 2 g	3%
Saturated Fat 0.5 g	3%
Polyunsaturated Fat 1 g	†
Monounsaturated Fat 0 g	†
Cholesterol 0 mg	0%
Vitamin E Natural (d-alpha tocopherol) 2 IU	7%
Omega-3 Polyunsaturated Fat	
Eicosapentaenoic Acid (EPA) 370 mg	†
Docosahexaenoic Acid (DHA) 230 mg	†
Other Omega-3 Fatty Acids 150 mg	†

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

† Daily Value not established.

INGREDIENTS: Each light-resistant caramel-coated gelatin softgel contains pure & pristine, ultra-purified, cold water deep-sea fish oil from anchovy, sardine and mackerel, natural citrus flavoring, FreshLok™ antioxidant containing rosemary extract, ascorbyl palmitate, ascorbic acid, soy lecithin, sunflower lecithin and d-alpha tocopherol to ensure freshness. **SUGGESTED USE:** 2-6 softgels daily with a meal.