

DIRECTIONS: Take one (1) softgel daily as a dietary supplement, preferably with food.

Store tightly closed in a cool, dry place and away from direct sunlight, excessive heat or moisture.

WARNING: For adults only. If you are on medication, pregnant, or nursing a baby, consult a health care physician prior to taking this or any other supplement. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.

* 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.

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



Distributed by: Nutrisystem, Inc.
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Fort Washington, PA 19034
© Nutrisystem, Inc. 215.706.5300

Helps support an overall heart-healthy lifestyle*

OMEGA-3 FISH OIL

600 mg

Nutrisystem®

HEART-HEALTHY**
OMEGA-3s

180mg EPA/120mg DHA
Per Softgel

28 SOFTGELS | DIETARY SUPPLEMENT

Natural source of heart-healthy Omega-3s
in a convenient one-a-day supplement.

Supplement Facts

Serving Size: 1 Softgel

Servings per Container: 28

Amount Per Softgel	% Daily Value	
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%*
Saturated Fat	0 mg	0%
Cholesterol	5 mg	2%*
Fish Oil	600 mg	**
Total Omega-3	300 mg	
(EPA) Eicosapentaenoic Acid	180 mg	
(DHA) Docosahexaenoic Acid	120 mg	

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

** Daily Value not established.

OTHER INGREDIENTS: GELATIN, GLYCERIN AND PURIFIED WATER.
CONTAINS FISH (ANCHOVIES, MACKERELS, SARDINES).

See Bottom Of Bottle For Best By Date and Lot Number