

DIRECTIONS: SHAKE WELL BEFORE USE. For adults, take one (1) tablespoon daily, preferably with a meal. Enjoy right from the spoon or mix into your favorite foods and beverages. **REFRIGERATE AFTER OPENING.**

**1 Tbsp. of Liquid Omega is Equal to
4 Large Fish Oil Softgels**



**Deliciously Smooth Taste & Texture
No Artificial Flavors or Colors
No Sugar Added – Sweetened with Xylitol**

0 74312 55848 1



Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and savings join our e-newsletter,
visit www.NaturesBounty.com

*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.

Carefully Manufactured for
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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Encoding Area

Prod. No. 55848 B55848 00A

NATURE'S BOUNTY

MAXIMUM STRENGTH

**LIQUID
Omega-3
1330 mg**

**May Reduce the Risk of
Coronary Heart Disease****

(see side panel)

**Supports
Triglyceride
Levels***



**Great Tasting
Lemon Flavor**

**32 liquid doses
16 fl. oz. (473 mL)**

DIETARY SUPPLEMENT

**Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease. See nutrition information for total fat, saturated fat and cholesterol content.

Supplementing with Omega-3 has never been so delicious! Nature's Bounty Omega-3 lemon flavored liquid contains EPA and DHA, two fatty acids that help support and maintain the health of your cardiovascular and circulatory systems.* Omega-3 fatty acids are considered "good" fats and help maintain triglyceride levels already within a normal range.*

Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container about 32

Amount Per Serving		%Daily Value
Calories	60	
Calories from Fat	45	
Total Fat	5 g	8%***
Saturated Fat	1.5 g	8%***
Polyunsaturated Fat	2 g	****
Monounsaturated Fat	1 g	****
Cholesterol	35 mg	12%
Total Carbohydrate	5 g	2%***
Fish Oil	4,760 mg (4.76 g)	****
provides 1,330 mg of Total Omega-3 Fatty Acids† comprising of:		****
EPA (Eicosapentaenoic Acid)	761 mg	****
DHA (Docosahexaenoic Acid)	476 mg	****
Other Fatty Acids		****

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

****Daily Value not established.

Other Ingredients: Water, Xylitol, Vegetable Glycerin, Gum Arabic, Natural Flavors, Citric Acid, Xanthan Gum, Guar Gum, Turmeric Extract Color, Sorbic Acid and Ascorbyl Palmitate (preservatives), Mixed Natural Tocopherols.

Contains fish (anchovy, mackerel, sardine) ingredients.

†As Natural Triglycerides

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store unopened container at room temperature. Do not use if seal under cap is broken or missing.