

****Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease. One serving of Fish Oil provides 360 mg total of EPA, DHA and other omega-3 fatty acids. See nutrition information for total fat and cholesterol content.**

Fish Oil contains EPA and DHA, which help support and maintain the health of your cardiovascular system and circulatory system.* Omega-3 fatty acids are considered "good" fats and help maintain triglyceride levels already within a normal range.* To read more about the sourcing of Nature's Bounty's quality fish oil, go to www.naturesbounty.com.

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 at room temperature. Do not use if seal under cap is broken or missing.



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.



USA
3004329138
EEC

Prod. No. 83329 B35857 12K

NATURE'S BOUNTY

Fish Oil

1200 mg | **Pure-Catch™**

360 mg of Omega-3

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

(see side panel)

**RAPID RELEASE
LIQUID SOFTGEL**



120 softgels

DIETARY SUPPLEMENT

Peel label back to read about our quality fish oil.

DIRECTIONS: For adults, take one (1) softgel three times daily, preferably with meals.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%***
Polyunsaturated Fat	0.5 g	****
Cholesterol	10 mg	3%
Fish Oil	1,200 mg (1.2 g)	****
provides 360 mg of Total Omega-3 Fatty Acids†		
comprising of:		
EPA (Eicosapentaenoic Acid)		****
DHA (Docosahexaenoic Acid)		****
Other Fatty Acids		****

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

****Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols.

Contains fish (anchovy, mackerel, sardine) ingredients.

†As Natural Triglycerides • Product of Peru

Non-GMO. No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish, Sodium Free.

Laboratory tested to meet strict quality control standards for potency and purity.

Purified to eliminate mercury

Carefully Manufactured for **NATURE'S BOUNTY, INC.**
Bohemia, NY 11716 U.S.A. © 2015 Nature's Bounty, Inc.

You work hard to take good care of yourself – so when it comes to getting your *fish oil* from a trustworthy source, let Nature's Bounty take care of you!

We **source** our fish oil in an **ecologically friendly** way, **directly from Peru**. We go to Peru because the Peruvian government has **strict standards** and governance on their surrounding waterways, to properly ensure **the protection of the fish**. Since Peruvian fisheries yield to spawning during the summer and winter seasons, fish are vital resources for Peru that they value greatly, and go above and beyond to protect. The fisheries in Peru also comply with **stringent quality regulations**, which ensure that we, at Nature's Bounty, can deliver **premium quality Omega-3 Fish Oil** to our customers.

You can trust that when we source our ingredients, we do our best to **maintain the conservation of marine living resources**. The Marine Research Institute (IMARPE), a recognized world-class authority, works with the Peruvian government to manage the controls of fish stock along their waterways. Small, effective fleets are used in the fishing process; and no facility is allowed to receive fish from vessels without a valid license. **All catches in Peru are carefully reviewed to meet rigorous quality checks**. That's how we know for sure that our **fish oil is the purest, freshest, and most ecologically sourced**.



Our Peruvian fish oil is a premium, superior-quality fish oil for you and your family.