

****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 and cholesterol content.**

Cholesterol Free fish oil contains EPA and DHA, two Omega-3 fatty acids that help support and maintain the health of your cardiovascular system.* Omega-3 fatty acids are considered "good" fats important for cellular, heart and metabolic health 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.

Marine Lipid Concentrate.

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.

 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.



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Prod. No. 88822 B18076 01B

NATURE'S BOUNTY®

CHOLESTEROL FREE

Fish Oil

1000 mg

Pure-Catch™

300 mg of Omega-3

May Reduce
Risk of Coronary
Heart Disease**
(see side panel)

RAPID RELEASE
LIQUID SOFTGEL



145 softgels

DIETARY SUPPLEMENT

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%***
Cholesterol	0 mg	0%
Fish Oil	1,000 mg (1 g)	****
provides 300 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

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.

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

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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