



Norwegian Fish Oil

Super Omega-3

500 mg EPA & DHA

Gems®



DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision and Joint Health*

300 Soft Gels: 1000 mg

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Carlson. Specializing in the finest Norwegian fish oils since 1982

Supplement Facts

Serving Size 1 Soft Gel

	Amount per serving	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Vitamin E (as natural d-Alpha Tocopherol)	10 IU	33%
Norwegian Fish Oil	1000 mg	†
Total Omega-3 Fatty Acids [☆]	600 mg	†
EPA (Eicosapentaenoic Acid) [☆]	300 mg	†
DHA (Docosahexaenoic Acid) [☆]	200 mg	†

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

† Daily Value (DV) not established. [☆]Reported as ethyl ester.

Other Ingredients: Soft Gel Shell: Beef gelatin, glycerin, water. Contains fish (anchovy and sardine).

Directions: Take one soft gel one to five times daily, **at mealtime.**

✓Preservative-free ✓Cholesterol-free ✓Gluten-free

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Arlington Heights, IL 60004 • 888-234-5656 • 847-255-1600
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Medical Scientists Internationally are encouraging people to eat more fish. Fish body oil is a major source of the polyunsaturated Omega-3s EPA and DHA.

For those individuals who do not eat an oily fish diet, Carlson offers Omega-3s in easy-to-swallow soft gelatin capsules. Carlson Super Omega-3 Gems® soft gels contain 1000 mg (1 gram) of a special concentrate of fish body oils from deep, cold water fish.

PURITY GUARANTEED

This product is regularly tested (using AOAC international protocols) for freshness, potency and purity by an independent, FDA-registered laboratory and has been determined to be fresh, fully-potent and free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.



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