



Fish Oil Concentrate

Super Omega-3

500 mg EPA & DHA

Gems®

in Fish Gelatin
Soft Gels



DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision and Joint Health*

100 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.

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: Fish gelatin, glycerin, water.
Contains fish (anchovy, sardine and tilapia).

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

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Carlson.

Specializing in the finest
Norwegian fish oils since 1982

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.

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

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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