



for **Teens**

Smart Catch[®]

Omega-3s DHA & EPA



DIETARY SUPPLEMENT

Promotes a Healthy Mood*

90 Soft Gels: 1 000 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 1 Soft Gel	% DV
Calories	10
Calories from Fat	10
Total Fat	1 g 2%**
Cholesterol	<5 mg 2%
Vitamin E (as natural d-Alpha Tocopherol)	10 IU 33%
Norwegian Fish Oil	1000 mg †
Total Omega-3 Fatty Acids*	350 mg †
DHA (Docosahexaenoic Acid)*	120 mg †
EPA (Eicosapentaenoic Acid)*	180 mg †

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established. *Reported as triglycerides.

Other Ingredients: Natural tocopherols, natural lemon flavor. Soft Gel Shell: Beef gelatin, glycerin, water. Contains fish (anchovy, sardine, mackerel).

Directions: Teens take one soft gel one to three times daily, **at mealtime.**

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Carlson Specializing in the finest Norwegian fish oils since 1982

Smart Catch[®] provides EPA and DHA which is vital for growing teens. Omega-3s are essential for a healthy mind and body.*

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✓ **Gluten-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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