

Barlean's Fresh Catch® Ultra DHA Fish Oil
is a pure and pristine source of ultra-purified, pharmaceutical-grade fish oil in natural triglyceride form.

- Free of Mercury and other Heavy Metals
- Free of PCBs and other Contaminants
- Non-GMO, Gluten Free



FRESHEST BEFORE

LEARN MORE ABOUT
A PATHWAY TO A
BETTER LIFE:

barleans.com
800/445-3529

Barlean's
Ferndale, WA 98248

♦ Not actual size of softgel;
softgel approximately twice
the size of image.

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BARLEAN'S

PATHWAY TO A BETTER LIFE

PHARMACEUTICAL
GRADE

MOLECULARLY
DISTILLED

Fresh Catch®

ULTRA DHA

SUPPLEMENT

FISH OIL

OMEGA-3

90 Softgels

LEMONADE FLAVOR



Supplement Facts

Serving Size 2 Softgels (1 g)
Servings Per Container 45

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%*
Saturated Fat	0 g	0%*
Polyunsaturated Fat	1 g	†
Monounsaturated Fat	0 g	†
Cholesterol	5 mg	2%
Vitamin E	1 IU	3%

Omega-3 Polyunsaturated Fat:

Eicosapentaenoic Acid (EPA)	100 mg	†
Docosahexaenoic Acid (DHA)	500 mg	†
Other Omega-3 Fatty Acids	50 mg	†

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

INGREDIENTS: Fish oil (Tuna, Anchovy, Sardine and/or Mackerel), softgel (gelatin, glycerine, water, sorbitol sorbitan solution, and caramel color), antioxidant blend (lecithin (sunflower and soy), sunflower oil, natural mixed tocopherols, rosemary extract, ascorbyl palmitate, ascorbic acid, and citric acid), and natural citrus flavor.

SUGGESTED USE:

2 softgels daily with a meal. Keep bottle tightly closed. Store in a cool, dry place out of reach of children.



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