

Sundown Naturals' Omega SQUEEZE-n-Go! uses the natural triglyceride form of Fish Oil, molecularly distilled and third party tested for purity. Liquid Supplements are a great alternative to pills, because liquids are absorbed by the body faster and do not have to be broken down by the digestive system. **Sundown Naturals' Omega SQUEEZE-n-Go!** is concentrated and provides 588 mg of total Omega-3 fatty acids to support:

Healthy Heart & Circulation*
Healthy Skin*
Joint Health*



2 Softgels = 1 Squeeze Pack
1 Squeeze Pack is Equal To 2 Large Fish Oil Softgels

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

*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.



10066-01



Omega SQUEEZE-n-Go!

Smart Facts

Sundown Naturals' Omega SQUEEZE-n-Go! is a highly concentrated Omega-3 liquid in a delicious natural orange flavor, which makes it easy to support your heart health anytime, anywhere.⁹ Convenient squeeze packs take the guess work out of getting your Omega-3 and are fun to eat and taste great! — No pill to swallow, no glass of water to drink, minimized fishy aftertaste and fish burps.

Sundown Naturals' Omega SQUEEZE-n-Go! is perfect for anyone on the go. It's great for the daily morning rush, handy for the office or at school and while traveling. Just take them along in your pocket, purse or briefcase.

Sundown Naturals' Omega SQUEEZE-n-Go! is a naturally delicious orange flavored liquid that can be consumed directly from the pouch — or you can add it to foods, such as yogurt or a smoothie. With no worry of refrigerating, **Sundown Naturals' Omega SQUEEZE-n-Go!** is the carefree way to supplement your daily Omega-3 needs.

⁹J Am Diet Assoc. 2009;109:1076-1081

Questions? Call toll free 1-888-VITAHELP (848-2435)
or visit us at www.sundownnaturals.com

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**Sundown
Naturals**

Omega SQUEEZE-n-Go!

**2000 MG
FISH OIL**

**Fast Absorbing
Squeezable Liquid Packs!**

**3X MORE
ABSORBABLE
THAN SOFTGELS***

NATURAL ORANGE FLAVOR

30 Squeeze Packs

30 - 0.08 oz. (2.5 g) Squeeze Packs - Net Wt. 2.6 oz. (75 g)

DIETARY SUPPLEMENT

DIRECTIONS: FOR ADULTS, TAKE ONE (1) SQUEEZE PACK TWO TIMES DAILY, PREFERABLY WITH MEALS. TEAR ALONG PERFORATION, AND SQUEEZE DIRECTLY INTO MOUTH OR ONTO A SPOON. OMEGA SQUEEZE-N-GO MAY BE ADDED TO COLD FOOD, SUCH AS YOGURT OR A SMOOTHIE. DO NOT FREEZE OR HEAT. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Pack

Amount Per Serving	%Daily Value
Calories	20
Calories from Fat	20
Total Fat	2 g 3%**
Saturated Fat	0.5 g 3%**
Cholesterol	10 mg 3%
Vitamin C	12 mg 20%
Vitamin E	3 IU 10%
Fish Oil	2,000 mg (2 g) ***
provides 588 mg of Total Omega-3 Fatty Acids† comprising of:	
EPA (Eicosapentaenoic Acid)	314 mg ***
DHA (Docosahexaenoic Acid)	196 mg ***
Stevia Leaf Extract	10 mg ***

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

***Daily Value not established.

Ingredients: Fish Oil, Water, Pasteurized Egg Yolk, Natural Orange Flavor. Contains <2% of: Ascorbic Acid, Beta-Carotene (color), Citric Acid, d-Alpha Tocopherol, Menthol, Potassium Sorbate (preservative), Sodium Ascorbate, Sodium Benzoate (preservative), Stevia Leaf Extract, Vanillin, Vegetable Oil, Xanthan Gum.

Contains egg and fish (anchovy, mackerel, sardine) ingredients.

†As Natural Triglycerides

No Artificial Flavor or Sweetener, No Sugar, No Milk,
No Lactose, No Gluten, No Wheat, No Yeast.

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 AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT. DO NOT USE IF PACK IS TORN OR OPEN.

