

DIRECTIONS: FOR ADULTS, TAKE ONE (1) SOFTGEL THREE TIMES DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Cholesterol	5 mg	2%
Fish Oil	1,000 mg (1 g)	***
provides 300 mg of Total Omega-3 Fatty Acids† comprising of:		***
EPA (Eicosapentaenoic Acid)		***
DHA (Docosahexaenoic Acid)		***
Other Fatty Acids		***

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

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols.

Contains fish (anchovy, mackerel, sardine) ingredients.

Product of Peru

†As Natural Triglycerides

Purified to eliminate mercury

Sundown
Naturals

Fish Oil

1000 MG

Naturally Contains
300mg Omega-3

**Promotes Heart
& Circulatory
Health***

PURIFIED
TO ELIMINATE
**MERCURY, PCBs
AND DIOXINS**

Smart Facts

Health experts agree: not all fat is bad for you. Omega-3 fatty acids are considered some of the "good" fats important for cellular, heart and metabolic health.* Getting an adequate amount of fatty acids to promote heart health is not easy.* Sundown Naturals' Fish Oil 1000 mg contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), two fatty acids that help support and maintain the health of your cardiovascular system.* Sundown Naturals' Fish Oil 1000 mg is purified to eliminate heavy metal contaminants such as mercury, PCBs and dioxins.

*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.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical 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 SEAL UNDER CAP IS BROKEN OR MISSING.

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

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60 SOFTGELS **DIETARY SUPPLEMENT**