

ULTRA-PURIFIED, ULTRA EPA-DHA, ULTRA FISH OIL!

Omega-3 fats are termed "essential" because your body can't make them, so you must obtain them from food or supplements. Because of its myriad of benefits, consider Bodybuilding.com FISH OIL – ULTRA EPA-DHA as one of your foundational supplements to support your fitness, performance, or health and wellness goals.*

Supplementing with fish oil may help:

- Promotes overall health and wellness.*
- Support heart, brain, and joint health.*

This product was produced in a GMP facility. Good Manufacturing Practices, or GMPs, are a set of standards which ensure the purity and proper labeling of dietary supplements.

390MG
EPA

FISH OIL

ULTRA EPA-DHA

GENERAL HEALTH

300MG
DHA

100
SOFTGELS

LEMON FLAVOR
DIETARY SUPPLEMENT

**Supplement Facts**

Serving Size: 1 Softgel Capsule
Servings Per Container: 100

	Amount Per Serving	% Daily Value
Calories	15	
Calories From Fat	10	
Total Fat	1.5g	2%*
Cholesterol	<5mg	1%
Total Fish Oil	1.25g	†
Omega-3 fatty acids (800mg)		
EPA – Eicosapentaenoic acid (390mg)		
DHA – Docosahexaenoic acid (300mg)		

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily value not established.

DIRECTIONS

As a dietary supplement, take one softgel three times daily, preferably with a meal.

WARNINGS:

Do not use if pregnant or nursing. Use only as directed. Consult your physician before using this or any other dietary supplement. Keep out of reach of children. This product contains chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm.

Distributed by:

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OTHER INGREDIENTS: Capsule (gelatin, glycerin, and purified water), natural lemon flavor, rosemary extract and natural tocopherols.

ALLERGEN WARNING: CONTAINS: FISH (Anchovy, Herring, Mackerel, Sardine, and Salmon). This product is manufactured in a facility that uses materials containing milk, soy, wheat, egg and shellfish.

* 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.



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