

**Directions:**

Adults and adolescents 14 years and older take 1 tsp. daily. Children 2–13 years take ½ tsp. daily. After opening, refrigerate and consume within 100 days. Do not use if safety seal is broken or missing.

Healthy you, healthy planet  
Made with 100% renewable energy.



Just one  
teaspoon a day

**Clean, Light Taste**

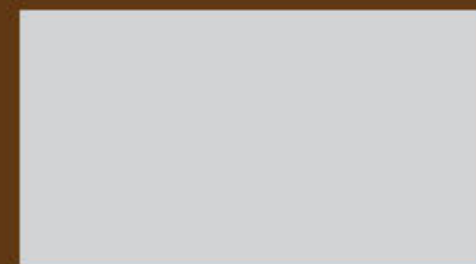
No fishy burp back

**Easy to Absorb**

Premium quality liquid form

**Guaranteed Pure**

View results online at [purecheck.net](http://purecheck.net)



**Pure**™  
Check for yourself.

# NutraSea<sup>TM</sup> Omega-3

Extra Strength DHA



1000mg  
DHA per tsp.

500mg EPA

Juicy Citrus Flavor

200 ml (6.8 fl. oz.) Liquid | Squid Oil Supplement

## Supplement Facts

Serving Size 1 tsp. (5 ml) / Servings Per Container 40

| Amount Per Serving                 | % Daily Value  |      |
|------------------------------------|----------------|------|
| Calories                           | 40             |      |
| Calories from fat                  | 40             |      |
| Total Fat                          | 4.5 g          | 7%*  |
| Saturated Fat                      | 1.0 g          | 5%*  |
| + Trans Fat                        | 0 g            |      |
| Polyunsaturated Fat                | 2.5 g          |      |
| Monounsaturated Fat                | 1.5 g          |      |
| Cholesterol                        | 60 mg          | 20%* |
| <b>TOTAL EPA/DHA</b>               | <b>1.5 g†</b>  |      |
| <b>EPA</b> (eicosapentaenoic acid) | <b>500 mg†</b> |      |
| <b>DHA</b> (docosahexaenoic acid)  | <b>1.0 g†</b>  |      |

\* Percent Daily Value is based on a 2000 calorie diet.

† Daily Value not established.

~ Guaranteed analysis

**Ingredients:** Squid oil, Natural citrus flavor with other natural flavors, Tocopherols, Green tea extract.

^ Product of Canada.

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Made with love  
by Ascenta Health,  
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