

Directions:

Adults and children 12 years and older take 4 softgels daily. Do not use if safety seal is broken or missing.

Healthy you, healthy planet
www.ascentahealth.com/sustainability



Ascenta®
ascentahealth.com

Our
extra strength
omega-3
liquid gel.

1500 mg of EPA
per serving
Unique 3:1 EPA to DHA ratio

Zesty Lemon Flavor
No fishy burp back

Guaranteed Pure
View test results online at purecheck.net



Ascenta Health Nova Scotia, Canada 🇨🇦
B3B 0A6 1.866.224.1775

NutraSea^{hp}™ Omega-3

Extra Strength EPA

1500 mg
EPA / 500 mg
DHA
per 4 liquid gels

120 soft gels | Fish Oil Supplement

Supplement Facts

Serving Size 4 Soft Gels
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	45	
Calories from Fat	45	
Total Fat	4.5 g	7%*
Saturated Fat	1.0 g	5%*
Polyunsaturated Fat	3.0 g	
Monounsaturated Fat	1.0 g	
Cholesterol	15 mg	5%*
Protein	< 1.0 g	1%*
Fish Oil (Anchovies, Sardines, Mackerel)	4.5 g†	
Omega-3 Fatty Acids (EPA/DHA)	2.0 g†	
EPA (Eicosapentaenoic Acid)	1.5 g†	
DHA (Docosahexaenoic Acid)	500 mg†	

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

† Daily Value not established.

~ Guaranteed analysis.

Other ingredients: Gelatin, Glycerin, Purified water,
Natural lemon flavor, Tocopherols, Green tea extract.
Contains fish (Anchovies, Sardines, Mackerel).

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