

Schiff® Omega-3 Fish Oil is a natural source of Omega-3 fatty acids from cold water ocean fish. The oil is screened for PCB's, mercury and other toxins. Each softgel has been enteric coated to reduce fishy odor or aftertaste.

**Schiff**  
SINCE 1936



## Omega-3 Fish Oil

**NEW  
LOOK**

**1000 mg**

- ✓ May reduce the risk of coronary heart disease†
- ✓ Sourced from wild ocean fish

**100** ENTERIC  
COATED **Softgels**

**Dietary Supplement**

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

**KEEP OUT OF REACH OF CHILDREN.  
STORE IN A COOL, DRY PLACE WITH LID TIGHTLY CLOSED.**



**GUARANTEED:** No added sugar (sucrose, fructose, lactose), salt (sodium chloride), yeast, wheat, gluten or milk. No artificial flavors.

**GUARANTEED** for purity, freshness and labeled potency.



Directions: For best results, take one (1) softgel with a meal once or twice daily.

### Supplement Facts

Serving Size One (1) Softgel

Amount Per Serving	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
Fish Oil	1000 mg	**
EPA (eicosapentaenoic acid)	180 mg	**
DHA (docosahexaenoic acid)	120 mg	**

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

\*\*Daily Value not established.

Other ingredients: Gelatin, glycerin, water, ethyl cellulose, sodium alginate, ammonium hydroxide, medium chain triglycerides, oleic acid, mixed natural tocopherols and stearic acid.

**Contains fish (anchovy and sardine) and soy.**

Distributed by: SCHIFF NUTRITION GROUP, INC.  
SALT LAKE CITY, UT 84104 USA

For information call: 1-800-526-6251 (8am-5pm MST M-F)  
[www.schiffvitamins.com](http://www.schiffvitamins.com)

Caution: If pregnant or nursing, taking medication, facing surgery, have bleeding problems or undergoing any other treatment which may affect the ability of blood to clot, consult your physician before taking this product.

**LOT:  
EXP:**

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