

**SUGGESTED USE:** Take one softgel up to six times daily, divided among meals.

**CONTAINS NO** artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, or crustacean shellfish.

Our **EPA & DHA** softgels are derived from a high potency fish oil concentrate and provide 300 mg of omega-3 fatty acids, including EPA and DHA. Our EPA & DHA supplement assists the body as its ability to convert alpha-linolenic acid to EPA and DHA declines.† Omega-3 fatty acids are important for cardiovascular, immune and nervous system health. Our distilled product is sourced from fresh, cold water sources and tested for PCBs, dioxins and heavy metals.

**We Guarantee Our Supplements  
for Potency and Purity**

To report a serious adverse event, call 1-888-710-0006

† 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.

Omega-3 Fatty Acids  
**EPA & DHA**

Supports Cardiovascular, Immune,  
and Nervous System Health†

Dietary Supplement

**100 SOFTGELS**



## Supplement Facts

Serving Size 1 Softgel  
Servings Per Container 100

Amount Per Serving	% Daily Value	
Total Calories	10	
Calories from Fat	10	
Total Fat	1 g	1%*
Fish Oil [from Anchovies ( <i>Engraulis ringens</i> ), Sardines ( <i>Sardinops sagax</i> ), and/or Mackerel ( <i>Trachurus symmetricus</i> )]	1,030 mg	**
Total Omega-3 Fatty Acids (from fish oil as EPA and DHA)	300 mg	**
EPA (as eicosapentaenoic acid)	180 mg	**
DHA (as docosahexaenoic acid)	120 mg	**

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

\*\* Daily Value not established.

**OTHER INGREDIENTS:** CAPSULE (GELATIN), GLYCERIN, WATER,  
D-ALPHA TOCOPHEROL.

KEEP OUT OF REACH OF CHILDREN.

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