

**Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease. One serving of Fish Oil provides 300 mg total of EPA, DHA and other omega-3 fatty acids. See nutrition information for total fat and cholesterol content.

Fish Oil contains EPA and DHA, two Omega-3 fatty acids that help support and maintain the health of your cardiovascular system and circulatory system. Omega-3 fatty acids are considered "good" fats important for cellular, heart, and metabolic health.* To read more about the sourcing of Nature's Bounty's quality fish oil, go to www.naturesbounty.com.*

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

 Nutrition Questions or Comments?
Call 1-800-433-2990
Mon.-Sat. 9 AM - 7 PM ET

For educational health tips and savings
join our e-newsletter, visit
www.NaturesBounty.com

*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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NATURE'S  BOUNTY®

Fish Oil

1000 mg | 
300 mg of Omega-3

May Reduce
Risk of Coronary
Heart Disease**
(see side panel)

RAPID RELEASE
LIQUID SOFTGEL



60 Softgels



DIETARY SUPPLEMENT

DIRECTIONS: For adults, take one (1) softgel three times daily, preferably with meals.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%***
Cholesterol	10 mg	3%
Fish Oil	1,000 mg (1 g)	****
provides 300 mg of Total Omega-3 Fatty Acids†	****	
comprising of:		
EPA (Eicosapentaenoic Acid)	****	
DHA (Docosahexaenoic Acid)	****	
Other Fatty Acids	****	

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

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols.

Contains fish (anchovy, mackerel, sardine) ingredients.

Product of Peru

†As Natural Triglycerides

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish, Sodium Free.

Purified to eliminate mercury.

Non-GMO

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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