

**Directions:** Take 1 softgel, up to 3 times daily, with meals, as a dietary supplement or as directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN.**  
Protect from heat, light and moisture.  
Store in a cool, dry place.

**MADE IN THE U.S.A.**

† 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.

**FOODS PLUS**

*Since 1962*

# Omega-3

## 1000 mg

PRESERVATIVE FREE  
NON GMO  
GLUTEN-FREE

with EPA & DHA 300 mg

supports heart health<sup>†</sup>

60  
SOFTGELS

**NO** SUGAR, STARCH, YEAST, WHEAT, SOY,  
ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

DIETARY SUPPLEMENT

### Supplement Facts

Serving Size: 1 Softgel

	Amount Per Serving	% DV
Calories	10	
Calories from Fat	9	
Total Fat	1 g	2%*
Fish Oil	1000 mg (1 g)	**
EPA (Eicosapentaenoic Acid)	180 mg	**
DHA (Docosahexaenoic Acid)	120 mg	**
Total Omega-3 Fatty Acids	300mg	**

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

\*\*Daily value (DV) not established.

**Other ingredients:** Gelatin, vegetable glycerin, purified water, tocopherol  
Contains fish.  
Purified to eliminate mercury.

100% PURITY TESTED

Distributed by: Foods Plus®  
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