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Puritan's Pride

OMEGA-3 Fish Oil 1000mg[†] Plus Cholesterol Support*

Purified to
eliminate mercury
Supports Heart Health*

60 rapid release
softgels

DIETARY SUPPLEMENT



TO REORDER ITEM # 55634

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 30

Amount Per Serving	%Daily Value	
Calories	15	
Calories from Fat	10	
Total Fat	1.5 g	2%**
Cholesterol	10 mg	3%
Ester-Omega® 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		***
Phytosterol Complex	900 mg	***
Providing:		
Sterol Esters (Beta Sitosterol, Campesterol, Stigmasterol)		
equivalent to 500 mg of plant sterols.		

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

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin. **Contains <2% of:** Mixed Natural Tocopherols, Natural Caramel Color.

Contains fish (anchovy, mackerel, sardine) ingredients.

†As Natural Triglycerides

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

DIRECTIONS: For adults, take two (2) softgels daily, preferably with a meal.

EPA and DHA from Fish Oil have the ability to promote heart, circulatory, and metabolic health.* Phytosterols help to reduce cholesterol absorption from the digestive tract and help maintain cholesterol levels that are already within the normal range.* 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 Omega-3 Fish Oil Plus Cholesterol Support* provides 300 mg total EPA, DHA and other omega-3 fatty acids. See nutrition information for total fat and cholesterol content. Our Fish Oil is purified to eliminate mercury.

†per serving

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.

*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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www.puritan.com

1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.

Ronkonkoma, NY 11779 U.S.A.

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