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# PLANT BASED OMEGA-3

## 300mg ACTIVE Omega-3

Naturally Derived from Algae

Supports Heart Health\*



30 rapid release softgels

VEGETARIAN DIETARY SUPPLEMENT

TO REORDER ITEM # 51755

**DIRECTIONS:** For adults, take one (1) softgel daily, preferably with a meal.

### Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1g	1%**
Algal Oil	772.5mg	***
derived from a plant based algae ( <i>Schizochytrium sp.</i> ) provides 300 mg of Total Omega-3 Fatty Acids comprising of: ***		
EPA (Eicosapentaenoic Acid)	90mg	***
DHA (Docosahexaenoic Acid)	180mg	***
Other Omega-3 Fatty Acids		***

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

\*\*\*Daily Value not established.

**Other Ingredients:** High Oleic Sunflower Oil, Modified Corn Starch, Carrageenan, Vegetable Glycerin, Sorbitol, Sunflower Lecithin, Rosemary Extract, Tocopherols, Ascorbyl Palmitate.

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

Puritan's Pride® Premium supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities insure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**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.

\*This statement has 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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1-800-645-1030

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