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burp less⁺ fish oil 1,200 mg per softgel

helps support heart, skin and joint health**

*enteric coated to help control fish burps
purified to remove mercury†

up&up

HEART
HEALTH**

100

SOFTGELS

100 SOFTGELS DIETARY SUPPLEMENT

**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.

Supplement Facts

Serving Size 2 Softgels

Servings Per Container 50

Amount Per Serving

% Daily Value

Calories 25

Calories from Fat 20

Total Fat 2.5 g

4%*

Saturated Fat 0.5 g

3%*

Polyunsaturated Fat 1 g

†

Monounsaturated Fat 0.5 g

†

Cholesterol 15 mg

5%

Fish Oil 2.4 g (2400 mg)

†

Omega-3 Fatty Acids 720 mg
(EPA and DHA)

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

†Daily Value not established.

INGREDIENTS: Fish Oil, Gelatin, Glycerin, Ethylcellulose,
Ammonium Hydroxide, Sodium Alginate, Middle Chain
Triglycerides, Propylene Glycol, Oleic Acid, Natural Mixed
Tocopherols, Natural & Artificial Flavor, Stearic Acid.

CONTAINS: SARDINES, ANCHOVIES, SOY, COCONUT

No yeast, wheat, gluten, milk or milk derivatives, lactose,
sugar, artificial color.

HEART HEALTH**

Omega-3 fatty acids from Fish Oil are considered the "good" fats important for cellular, heart and vascular health.** Fish Oil is a natural source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), essential fatty acids which may help maintain triglyceride levels already within the normal range.** Omega-3 fatty acids are necessary for many vital functions in the body and support heart, skin and joint health.**

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. [See nutrition information for total fat, saturated fat, and cholesterol content.]

†This fish oil product is manufactured using state-of-the-art purification methods to remove contaminants, such as mercury, to guarantee its purity and potency. The threshold for mercury detection is 0.005 parts per million.

Suggested Use: As a dietary supplement for adults, take two softgels daily with the meal of your choice.

Caution: If you are pregnant or nursing a baby or if you are taking medication, planning any medical procedure, have a medical condition or have bleeding problems, consult your doctor before taking this product.

Keep out of reach of children.

Store in a dry place at room temperature (59°F-86°F).

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GLUTEN FREE

Questions? Call 1-800-910-6874

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ACTUAL SIZE