

Fish oil from cold water fish contains Omega-3 fatty acids. Country Life's Omega-3 contains a total of 1000 mg of these oils, with 180 mg of EPA and 120 mg of DHA in only 1 softgel. Consumption of Omega-3 fatty acids supports cardiovascular health.***

As this product is derived from fish oil, it is third party tested for heavy metals and toxins such as mercury and lead to ensure purity and safety.

*** 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.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS
WIND POWER

NO YEAST OR WHEAT
NO MILK, SALT OR SUGAR
NO PRESERVATIVES
NO ARTIFICIAL FLAVORS OR SWEETENERS
NO MAGNESIUM STEARATE
NO GMOs

Do not accept if seal is broken. Store between 59°-86° F.
Keep out of the reach of children.

Lot No:

Best by:



This product has been manufactured at a GMP Registered facility.

Dietary Supplement **100** Softgels

ESTABLISHED
— 1971 —
Country Life

• NATURAL •

OMEGA-3

Fish Body Oils

1000 mg

Certified Gluten-Free



- Supports cardiovascular health***
- 180 mg EPA/120 mg DHA in 1 softgel

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) softgel daily.
For best utilization, take with food. As a reminder,
discuss the supplements and medications that you take with
your health care providers.

Supplement Facts

Serving Size 1 softgel

Amount Per Serving	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g <2%*
Cholesterol	5 mg <2%*
Vitamin E (as d-alpha tocopherol)	10 I.U. 33%
Fish Body Oils (from marine lipid fish body oil concentrate - anchovy, mackerel, sardine, herring, salmon)	1,000 mg (1 g) **
providing: Eicosapentaenoic acid (EPA) 18% equal to 180 mg, Docosahexaenoic acid (DHA) 12% equal to 120 mg	
Garlic Oil Concentrate (equivalent to 50 mg fresh garlic bulb)	0.1 mg **

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

** Daily Value not established.

Other Ingredients: Gelatin, glycerin, carob (color), purified water, ascorbyl palmitate. Contains fish (anchovy, mackerel, sardine, herring, salmon). 100% bovine gelatin, BSE-free. **CAUTION:** If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Manufactured for Country Life, LLC
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Product No. 4497