

DIRECTIONS: For adults, take one (1) softgel daily, preferably with a meal. To maximize your intake of Omega-3 Oils, take up to two (2) softgels daily.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure 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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TO REORDER ITEM # 16105
www.puritan.com
1-800-645-1030

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PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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B16105 10G



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TRIPLE STRENGTH

OMEGA-3 Fish Oil 1360mg

950mg ACTIVE OMEGA-3

Purified to
eliminate mercury

Supports Heart Health*



60 rapid release
softgels

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Calories	15	
Total Fat	1.5 g	2%**
Polyunsaturated Fat	1.5 g	***
Cholesterol	5 mg	2%
Ester-Omega® Fish Oil	1,360 mg (1.36 g)	***
provides 950 mg of Total Omega-3 Fatty Acids† comprising of:		***
EPA (Eicosapentaenoic Acid)	625 mg	***
DHA (Docosahexaenoic Acid)	244 mg	***
Other Fatty Acids		***

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

***Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols. Contains fish (anchovy, herring, mackerel, sardine) ingredients. †As Ethyl Esters

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