



PURE FOOD NUTRIENT-RICH SOFTGELS 100% MADE,
PACKAGED, AND TESTED IN USA AND CANADA

NO GLUTEN • NO SOY • NO CORN

Suggested usage: 1–2 softgels per day or as directed by a health professional. Keep out of the reach of children.

Omega-3 fatty acids, including DHA and EPA, support cognitive health and brain function, as well as cardiovascular health.*

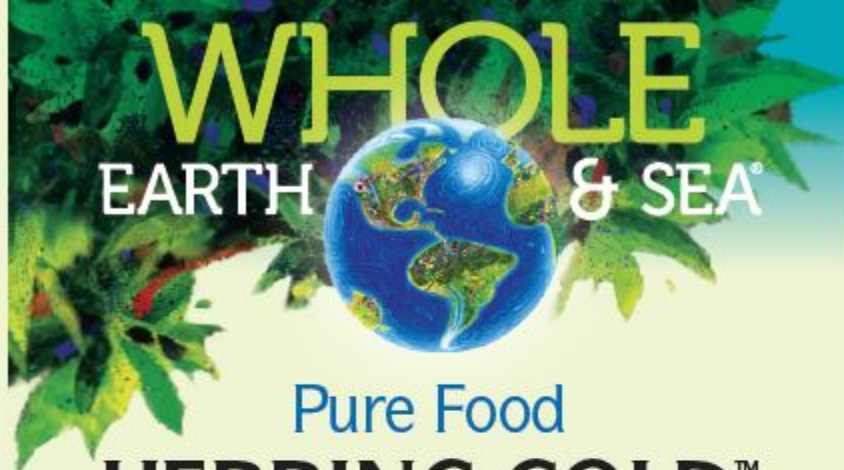
Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, corn, egg, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* 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.

- A rich source of DHA and EPA in a near 1:1 ratio for maximum cognitive support*
- An ideal supplement for the brain*
- Enhanced absorption and bioavailability
- Provides more omega-3 phospholipids than krill oil
- An ecologically friendly source of omega-3s
- No fishy repeat

LOT & EXPIRY 1:3125* x 25* Single Use



Whole Earth & Sea

Pure Food HERRING GOLD™ 500 mg NON-GMO

Fast-Absorption Omega-3 Phospholipids
Omega-3 DHA, EPA, Choline & Astaxanthin

100% Sustainably Harvested
Norwegian Herring Roe

Small • Easy-to-Swallow • No Fishy Repeat

60 Softgels

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	1%‡
Cholesterol	15 mg	5%
ROMEGA® 30 (herring roe extract) (<i>Clupea harengus</i>)	500 mg	**
Total Omega-3 Fatty Acids	145 mg	**
Docosahexaenoic Acid (DHA)	65 mg	**
Eicosapentaenoic Acid (EPA)	50 mg	**
Total Phospholipids	140 mg	**
DHA Phospholipids	39.5 mg	**
EPA Phospholipids	15 mg	**
Choline (natural)	20 mg	**
Astaxanthin (natural) (<i>Haematococcus pluvialis</i>) (whole)	280 mcg	**

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

** Daily Value not established.

Other ingredients: Softgel (gelatin, glycerin, purified water), fish oil (anchovy, sardine, and/or mackerel), natural mixed tocopherols, rosemary leaf extract.

ROMEGA® is a registered trademark of Arctic Nutrition AS, Ørsta Norway.



PRODUCT OF SPAIN (Herring from Norway)
wholeearthsea.com
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272

35496U-R1

Purity & Potency
Guaranteed



Recyclable
container and label.