

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

NO GLUTEN • NO SOY • NO CORN

Suggested usage: 1 softgel 1–2 times 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.*

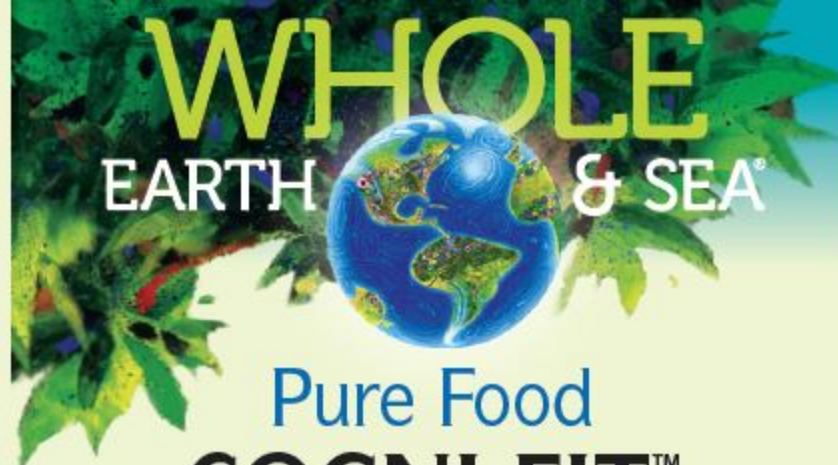
Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, 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 3:1 ratio for optimal brain power*
- Healthy brain activity relies primarily on DHA phospholipids*
- 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 Line



Pure Food COGNI-FIT™

Triple Strength DHA for Brain Power*

NON-GMO

Fast Absorption Omega-3 Phospholipids
Plus 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	20 mg	7%
ROMEGA® 30 (herring roe extract) (<i>Clupea harengus</i>)	650 mg	**
Total Omega-3 Fatty Acids	279.5 mg	**
Docosahexaenoic Acid (DHA)	195 mg	**
Eicosapentaenoic Acid (EPA)	58.5 mg	**
Total Phospholipids	195 mg	**
DHA Phospholipids	55.25 mg	**
EPA Phospholipids	20.8 mg	**
Choline (natural)	27.3 mg	**
Astaxanthin (natural) (<i>Haematococcus pluvialis</i>) (whole)	360 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
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