

Directions:

Adults and adolescents 14 years and older take 1 tsp. daily. Children 2–13 years take ½ tsp. daily.

After opening, refrigerate and consume within 100 days. Do not use if safety seal is broken or missing.

Healthy you, healthy planet
Made with 100% renewable energy.



FOR THE
PLANET
MEMBER



bullfrogpowered

Ascenta®
ascentahealth.com

Just one
teaspoon
a day

Clean, Light Taste

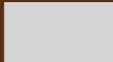
No fishy burp back

Easy to Absorb

Premium quality liquid form

Guaranteed Pure

View test results online
at purecheck.net



Pure™
Check for yourself.



NutraSea™
Omega-3

1250_{mg}
EPA / DHA
per teaspoon

Zesty Lemon Flavored

200 ml (6.8 fl. oz.) Liquid | Fish Oil Supplement

Supplement Facts

Serving Size 1 tsp. (5 ml) / Servings per Container 40

Amount per Serving	% DV	
Calories	40	
Calories from Fat	40	
Total Fat	4.5 g	7%†
Saturated Fat	1 g	3%†
Polyunsaturated Fat	2 g	
Monounsaturated Fat	1 g	†
Cholesterol	30 mg	10%
Fish Oil	4.6 g	**
EPA/DHA	1.25 g	**
Eicosapentaenoic Acid (EPA)	750 mg	**
Docosahexaenoic Acid (DHA)	500 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value not established.

Other ingredients: natural flavors, tocopherols, green tea extract

Contains fish (anchovies, sardines, mackerel, herring).

LN10954.01
BLQ8980



©2017 Distributed by
Nature's Way Canada
Ltd., Nova Scotia,
Canada B3B 0A6
1.800.665.3414
Product of Canada