

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.



1% FOR THE PLANET MEMBER



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

+Vitamin D



1250 mg

EPA/DHA per tsp.

+1000 IU Vit. D

Crisp Green Apple 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	1.0 g	5%†
Polyunsaturated Fat	2.0 g	
Monounsaturated Fat	1.0 g	
Cholesterol	30 mg	10%†
Vitamin D3 (cholecalciferol)	1000 IU	250%
Fish Oil	4.5 g	**
TOTAL EPA/DHA	1.25 g	**
EPA (eicosapentaenoic acid)	750 mg	**
DHA (docosahexaenoic acid)	500 mg	**

†Percent Daily Values (DV) is based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: natural flavor, tocopherols, green tea extract, medium chain triglycerides

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



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