

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.



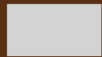
bullfrogpowered
Ascenta®
ascentahealth.com

Just one
teaspoon
a day

Clean, Light Taste
No fishy burp back

Easy to Absorb
Premium quality liquid form

Guaranteed Pure
View results online at purecheck.net



Pure™
Check for yourself.



NutraSea™
Omega-3

1250 mg
EPA / DHA
per teaspoon

Zesty Lemon Flavored
500 ml (16.9 fl.oz.) Liquid | Fish Oil Supplement

Supplement Facts

Serving Size 1 tsp. (5 ml) / Servings per Container 100

Amount per Serving	% DV	
Calories	40	
Calories from Fat	40	
Total Fat	4.5 g	7%†
Saturated Fat	1 g	5%†
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).

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