

Directions:

Adults and children 12 years
and older take 2 softgels daily.

Do not use if safety seal is broken
or missing.

Healthy you, healthy planet

Made with 100% renewable energy.



Ascenta®
ascentahealth.com

Our trusted NutraSea
product, in just two
liquid gels a day.

Balanced Formula

1250 mg dose of EPA/ DHA

Fresh Mint Flavor

No fishy burp back

Guaranteed Pure

View test results online
at purecheck.net



Pure™
Check for yourself.

NutraSea™
Omega-3
Liquid Gels



1250 mg
EPA/DHA
per 2 liquid gels

60 Softgels | Fish Oil Supplement

LN11060.01

BLQ9005



Supplement Facts

Serving Size 2 Softgels / Servings per Container 30

Amount per Serving	% DV
Calories	20
Calories from Fat	20
Total Fat	2.0 g 3%†
Polyunsaturated Fat	1.5 g
Cholesterol	5.0 mg 2%
Fish Oil	1.8 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: gelatin, glycerin, purified water, natural
peppermint flavor, tocopherols, green tea extract

Contains fish (anchovies, sardines, mackerel).



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