

SUGGESTED USE: As a dietary supplement for adults, take two (2) softgels daily, with meals, or as suggested by a healthcare practitioner.

Supplement Facts

Serving Size: 2 Softgels
Servings Per Container: 60

Amount Per Serving	%DV
Calories	25
Calories from Fat	20
Total Fat	2.5 g 4%**
Saturated Fat	0.5 g 3%**
Monounsaturated Fat	1 g ***
Polyunsaturated Fat	0.5 g ***
Cholesterol	25 mg 8%**
Vitamin D3 (as cholecalciferol)	200 IU 50%
Wild Alaskan Salmon Oil comprised of:	
Total Omega 3 Fatty Acids†	500 mg ***
EPA (eicosapentaenoic acid)	202 mg ***
DHA (docosahexaenoic acid)	180 mg ***
DPA (docosapentaenoic acid)	41 mg ***
Other Omega 3 Fatty Acids	77 mg ***
Total Omega 5 Fatty Acids	1.9 mg ***
Total Omega 6 Fatty Acids	48 mg ***
Total Omega 7 Fatty Acids	192 mg ***
Total Omega 9 Fatty Acids	384 mg ***
Astaxanthin	20 mcg ***

**Percent Daily Values (DV) are based on a 2,000 calorie diet

***Daily Value (DV) not established

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Tocopherols, Rosemary Extract, Clary Sage Oil, Thyme Oil. Contains Fish (salmon).

†As Natural Triglycerides

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Carefully Manufactured for:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com

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—WILD ALASKAN—

FULL SPECTRUM™ OMEGA

DEFINED BY NATURE

Fish have few peers on the list of healthful foods. Although most fatty, cold-water fish are good sources of Omega-3, one of the richest and most beneficial sources is Wild Alaskan Sockeye Salmon, making it unique among high-protein foods. Its natural oil is among the purest of all ocean fish. Wild Alaskan Sockeye salmon is also one of the richest sources of EPA and DHA—the Omega-3 fatty acids that most people consume too little of, and that make this fish uniquely healthful. The levels of EPA, DHA, and other fatty acids found in Solgar's softgels—and the proportions of each in relation to one another—reflect those found in wild salmon.

Solgar® Full Spectrum™ Softgels provide an excellent source of Vitamin D3, an essential vitamin that supports many areas of wellness, including bone and immune health.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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FULL SPECTRUM™ OMEGA

DEFINED BY NATURE

Pure, Wild
Alaskan Salmon Oil

Provides Sockeye Salmon Oil
& Vitamin D3

Tested for Optimum
Purity & Potency



GLUTEN, WHEAT & DAIRY FREE

120 SOFTGELS

DIETARY SUPPLEMENT

—WILD ALASKAN—

FULL SPECTRUM™ OMEGA

DEFINED BY NATURE

Solgar® Full Spectrum™ Omega Wild Alaskan Salmon Oil Softgels are carefully manufactured from Wild Alaskan Salmon that were sustainably caught from the pristine, cold waters of Alaska. These softgels go through a proprietary purification process to ensure removal of heavy metals, including mercury, PCBs and other environmental impurities, while still maintaining optimal integrity of the oil and potency. This oil complies with the quality specifications for Omega-3 oils set forth by the CRN monograph.

