

Omega-3 fatty acids are considered essential fatty acids. We need them for our bodies to work normally. Because essential fatty acids are not made in the body or are inefficiently converted, we need to get them from our diet. There are many health benefits of Omega-3 fatty acids: EPA and DHA from fish oil are "good" fats that are known to promote heart and circulatory health.

Directions: Take one (1) softgel up to 3 times daily, with a 6-8 oz. glass of water. As a reminder, discuss the supplements and medications you take with your health care providers.

Store in a cool, dry place. Keep out of the reach of children. Do not use if you're pregnant or lactating.

Distributed by:

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These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

1-800-WELLMED®

FEELING GREAT — FOR LIFE!™

Omega-3 Fish Oil

1000 mg

PROMOTES CARDIOVASCULAR HEALTH
SUPPORTS HEALTHY BONES AND JOINTS

90 Softgels

ALL-NATURAL DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size..... 1 Softgel
Servings per Container 90

	Amount per serving	% Daily Value*
Calories	10	**
Calories from Fat	10	**
Total Fat	1g.....	2%*
Saturated Fat	0g.....	0%*
Polyunsaturated Fat	<1g	**
Monounsaturated Fat	0g	**
Cholesterol	10 mg.....	3%*

Fish Oil 1000 mg (1g)
EPA (Eicosapentaenoic Acid) (Omega-3) .. 300 mg
DHA (Docosahexaenoic Acid) (Omega-3) .. 200 mg
Other Omega-3 Fatty Acids 100 mg
Total Omega-3 (600 mg)

*Based on a 2,000 calorie diet. **% Daily Value not established.

Other ingredients: Gelatin, Glycerin, Mixed Tocopherols.
Contains Fish (Mackerel, sardine, anchovy) ingredients.
Shell ingredients: Gelatin, Glycerin, Purified water.

Contains No: Yeast, Wheat, Milk and Milk Derivatives, Lactose, Sugar, Preservatives, Artificial Color, Artificial Flavor, Sodium, (less than 5 mg per serving.)

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