

Omega 3

Serving Size: 1 softgel

90 Servings

Amount Per Serving		%Daily Value*
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
Fish Oil	1000 mg	**
Typically contains:		
EPA (Eicosapentaenoic Acid)	180 mg	**
DHA (Docosahexaenoic Acid)	120 mg	**
Other Omega-3 Fatty Acids	30 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Directions: For adults, take one (1) softgel three times daily, preferably with a meal.

Other Ingredients: Gelatin, Glycerin and Purified Water.

Contains Fish (herring, anchovy, mackerel, sardine, menhaden, smelt, tuna, sand lance and salmon).