

# Fish Oil Softgels 1000 mg

**Uses:** as a dietary supplement. Helps to maintain heart and vascular health.\*

**Directions:** Adults: take 1 softgel 3 times daily, preferably after a meal.

## Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel		% Daily Value
Calories	10 mg	
Calories from Fat	10 mg	
Total Fat	1 g	2%
Saturated Fat	0 g	0%**
Polyunsaturated Fat	0 g	+
Monounsaturated Fat	0 g	+
Cholesterol	5 mg	2%
Vitamin E (as d-alpha tocopherol)	1.1 IU	4%
Fish Oil	1 g	+
Total Omega-3 Fatty Acids	300 mg	+
EPA (eicosapentaenoic acid)	180 mg	+
DHA (docosahexaenoic acid)	120 mg	+

\*\*Percent Daily Values are based on a 2,000 calorie diet.  
+Daily Value not established.

**Other ingredients:** gelatin, glycerin, water.

**Warnings:** Ask a doctor or pharmacist before use if you are taking any drugs. Stop use and ask a doctor if you notice any side effects.

**If pregnant or breast-feeding,** ask a health professional before use.

**Keep out of reach of children.**

**Store** tightly in a cool, dry place.

**Safety sealed:** do not use if the imprinted seal under the cap is broken or missing.

\*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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Item #26931 (200)



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