

# NORDIC NATURALS SUPPLEMENT FACTS

## ARCTIC COD LIVER OIL LEMON • 8 OZ.

Supplement Facts			
Serving Size: 1 Teaspoon	Servings per container: 48		
Amount Per Serving	% DV <sup>1</sup>	% DV <sup>2</sup>	
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	†	8%*
Saturated Fat	1.0 g	†	5%*
Trans Fat	0 g	†	†
Cholesterol	14 mg	†	5%*
Vitamin A	650-1500 I.U.	26-60%	13-30%*
Vitamin D	1-20 I.U.	0.25-5%	0.25-5%*
Vitamin E (d-alpha tocopherol)	30 I.U.	300%	100%*
Omega-3s	Weight#	Volume %	
DHA (Docosahexaenoic Acid)	625 mg	14%	
EPA (Eicosapentaenoic Acid)	410 mg	9%	
Other Omega-3s	225 mg	5%	
Total Omega-3s	1260 mg	28%	
Oleic Acid (Omega-9)	600 mg	13%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides  
1 Daily Value (DV) for children under 4 years of age.  
2 Daily Value (DV) for adults and children over 4 years of age.

**Ingredients:** purified arctic cod liver oil, d-alpha tocopherol, 100% natural lemon oil, rosemary extract.

## ARCTIC COD LIVER OIL ORANGE • 8 & 16 OZ.

Supplement Facts			
Serving Size: 1 Teaspoon	Servings per container: 48/96		
Amount Per Serving	% DV <sup>1</sup>	% DV <sup>2</sup>	
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	†	8%*
Saturated Fat	1.0 g	†	5%*
Trans Fat	0 g	†	†
Cholesterol	14 mg	†	5%*
Vitamin A	650-1500 I.U.	26-60%	13-30%*
Vitamin D	1-20 I.U.	0.25-5%	0.25-5%*
Vitamin E (d-alpha tocopherol)	30 I.U.	300%	100%*
Omega-3s	Weight#	Volume %	
DHA (Docosahexaenoic Acid)	625 mg	14%	
EPA (Eicosapentaenoic Acid)	410 mg	9%	
Other Omega-3s	225 mg	5%	
Total Omega-3s	1260 mg	28%	
Oleic Acid (Omega-9)	600 mg	13%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides  
1 Daily Value (DV) for children under 4 years of age.  
2 Daily Value (DV) for adults and children over 4 years of age.

**Ingredients:** purified arctic cod liver oil, d-alpha tocopherol, 100% natural orange oil, rosemary extract.

## ARCTIC COD LIVER OIL PEACH • 8 OZ.

Supplement Facts			
Serving Size: 1 Teaspoon	Servings per container: 48		
Amount Per Serving	% DV <sup>1</sup>	% DV <sup>2</sup>	
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	†	8%*
Saturated Fat	1.0 g	†	5%*
Trans Fat	0 g	†	†
Cholesterol	14 mg	†	5%*
Vitamin A	650-1500 I.U.	26-60%	13-30%*
Vitamin D	1-20 I.U.	0.25-5%	0.25-5%*
Vitamin E (d-alpha tocopherol)	30 I.U.	300%	100%*
Omega-3s	Weight#	Volume %	
DHA (Docosahexaenoic Acid)	625 mg	14%	
EPA (Eicosapentaenoic Acid)	410 mg	9%	
Other Omega-3s	225 mg	5%	
Total Omega-3s	1260 mg	28%	
Oleic Acid (Omega-9)	600 mg	13%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides  
1 Daily Value (DV) for children under 4 years of age.  
2 Daily Value (DV) for adults and children over 4 years of age.

**Ingredients:** purified arctic cod liver oil, d-alpha tocopherol, 100% natural peach essence, rosemary extract.

## ARCTIC COD LIVER OIL STRAWBERRY • 16 OZ.

Supplement Facts			
Serving Size: 1 Teaspoon	Servings per container: 96		
Amount Per Serving	% DV <sup>1</sup>	% DV <sup>2</sup>	
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	†	8%*
Saturated Fat	1.0 g	†	5%*
Trans Fat	0 g	†	†
Cholesterol	14 mg	†	5%*
Vitamin A	650-1500 I.U.	26-60%	13-30%*
Vitamin D	1-20 I.U.	0.25-5%	0.25-5%*
Vitamin E (d-alpha tocopherol)	30 I.U.	300%	100%*
Omega-3s	Weight#	Volume %	
DHA (Docosahexaenoic Acid)	625 mg	14%	
EPA (Eicosapentaenoic Acid)	410 mg	9%	
Other Omega-3s	225 mg	5%	
Total Omega-3s	1260 mg	28%	
Oleic Acid (Omega-9)	600 mg	13%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides  
1 Daily Value (DV) for children under 4 years of age.  
2 Daily Value (DV) for adults and children over 4 years of age.

**Ingredients:** purified arctic cod liver oil, d-alpha tocopherol, strawberry essence, rosemary extract.

## ARCTIC COD LIVER OIL UNFLAVORED • 8 OZ.

Supplement Facts			
Serving Size: 1 Teaspoon	Servings per container: 48		
Amount Per Serving	% DV <sup>1</sup>	% DV <sup>2</sup>	
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	†	8%*
Saturated Fat	1.0 g	†	5%*
Trans Fat	0 g	†	†
Cholesterol	14 mg	†	5%*
Vitamin A	650-1500 I.U.	26-60%	13-30%*
Vitamin D	1-20 I.U.	0.25-5%	0.25-5%*
Vitamin E (d-alpha tocopherol)	30 I.U.	300%	100%*
Omega-3s	Weight#	Volume %	
DHA (Docosahexaenoic Acid)	625 mg	14%	
EPA (Eicosapentaenoic Acid)	410 mg	9%	
Other Omega-3s	225 mg	5%	
Total Omega-3s	1260 mg	28%	
Oleic Acid (Omega-9)	600 mg	13%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides  
1 Daily Value (DV) for children under 4 years of age.  
2 Daily Value (DV) for adults and children over 4 years of age.

**Ingredients:** purified arctic cod liver oil, d-alpha tocopherol, rosemary extract.

## ARCTIC-D COD LIVER OIL LEMON • 8 OZ.

Supplement Facts			
Serving Size: 1 Teaspoon	Servings per container: 48		
Amount Per Serving	% DV <sup>1</sup>	% DV <sup>2</sup>	
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	†	8%*
Saturated Fat	1.0 g	†	5%*
Trans Fat	0 g	†	†
Cholesterol	14 mg	†	5%*
Vitamin A	650-1500 I.U.	26-60%	13-30%*
Vitamin D3 (cholecalciferol)	400 I.U.	100%	100%*
Vitamin E (d-alpha tocopherol)	30 I.U.	300%	100%*
Omega-3s	Weight#	Volume %	
DHA (Docosahexaenoic Acid)	625 mg	14%	
EPA (Eicosapentaenoic Acid)	410 mg	9%	
Other Omega-3s	225 mg	5%	
Total Omega-3s	1260 mg	28%	
Oleic Acid (Omega-9)	600 mg	13%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides  
1 Daily Value (DV) for children under 4 years of age.  
2 Daily Value (DV) for adults and children over 4 years of age.

**Ingredients:** purified arctic cod liver oil, vitamin D3 (cholecalciferol), d-alpha tocopherol, 100% natural lemon oil, rosemary extract.

## CHILDREN'S DHA STRAWBERRY • 90 & 180 CAPS

Supplement Facts			
Serving Size: 4 Soft Gels	Servings per container: 22/45		
Amount Per Serving	% Daily Value*		
Calories	9		
Calories from fat	9		
Total Fat	1.0 g	†	
Saturated Fat	0.4 g	†	
Trans Fat	0 g	†	
Vitamin A	130-300 I.U.	5-12%	
Vitamin D	1-4 I.U.	0.25-1%	
Vitamin E (d-alpha tocopherol)	14 I.U.	140%	
Omega-3s	Weight#	Volume %	
DHA (Docosahexaenoic Acid)	125 mg	14%	
EPA (Eicosapentaenoic Acid)	82 mg	9%	
Other Omega-3s	45 mg	5%	
Total Omega-3s	252 mg	28%	
Oleic Acid (Omega-9)	120 mg	13%	

\* Percent Daily Values for children under four years of age.  
† Daily Value not established. ‡ Natural Triglycerides  
Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified arctic cod liver oil, soft gel capsule (gelatin, water, glycerin, strawberry essence), d-alpha tocopherol, strawberry essence, rosemary extract.

## CHILDREN'S DHA LIQUID STRAWBERRY • 4 & 8 OZ.

Supplement Facts			
Serving Size: 1/2 Teaspoon	Servings per container: 48/96		
Amount Per Serving	% DV <sup>1</sup>	% DV <sup>2</sup>	
Calories	23		
Calories from fat	23		
Total Fat	2.5 g	†	4%*
Saturated Fat	0.5 g	†	3%*
Trans Fat	0 g	†	†
Cholesterol	7 mg	†	2%*
Vitamin A	325-750 I.U.	13-30%	6.5-15%*
Vitamin D	1-10 I.U.	0.25-3%	0.25-3%*
Vitamin E (d-alpha tocopherol)	15 I.U.	150%	50%*
Omega-3s	Weight#	Volume %	
DHA (Docosahexaenoic Acid)	313 mg	14%	
EPA (Eicosapentaenoic Acid)	205 mg	9%	
Other Omega-3s	113 mg	5%	
Total Omega-3s	631 mg	28%	
Oleic Acid (Omega-9)	300 mg	13%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides  
1 Daily Value (DV) for children under 4 years of age.  
2 Daily Value (DV) for adults and children over 4 years of age.

**Ingredients:** purified arctic cod liver oil, d-alpha tocopherol, strawberry essence, rosemary extract.

## COD LIVER OIL CAPSULES LEMON • 90 CAPS

Supplement Facts			
Serving Size: 2 Soft Gels	Servings per container: 45		
Amount Per Serving	% Daily Value*		
Calories	18		
Calories from fat	18		
Total Fat	2.0 g	3%	
Saturated Fat	0.4 g	2%	
Trans Fat	0 g	†	
Cholesterol	5 mg	2%	
Vitamin A	260-600 I.U.	5-12%	
Vitamin D	1-8 I.U.	0.25-2%	
Vitamin E (d-alpha tocopherol)	27 I.U.	90%	
Omega-3s	Weight#	Volume %	
DHA (Docosahexaenoic Acid)	250 mg	14%	
EPA (Eicosapentaenoic Acid)	164 mg	9%	
Other Omega-3s	90 mg	5%	
Total Omega-3s	504 mg	28%	
Oleic Acid (Omega-9)	240 mg	13%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides

**Ingredients:** purified arctic cod liver oil, soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

## COMPLETE OMEGA-3.6.9 LEMON • 60 & 120 CAPS

Supplement Facts			
Serving Size: 2 Soft Gels	Servings per container: 30/60		
Amount Per Serving	% Daily Value*		
Calories	18		
Calories from fat	18		
Total Fat	2.0 g	3%	
Saturated Fat	0.4 g	2%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	30 I.U.	100%	
Omega-3s	Weight#	Volume %	
EPA (Eicosapentaenoic Acid)	270 mg	15%	
DHA (Docosahexaenoic Acid)	180 mg	10%	
Other Omega-3s	115 mg	6%	
Total Omega-3s	565 mg	31%	
Omega-6s	Weight#	Volume %	
GLA (Gamma Linolenic Acid)	66 mg	4%	
Omega-9s	Weight#	Volume %	
OA (Oleic Acid)	160 mg	9%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides  
Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), borage oil, natural lemon oil, d-alpha tocopherol, rosemary extract.

## COMPLETE OMEGA-3.6.9 LIQUID LEMON • 8 OZ.

Supplement Facts			
Serving Size: 1 Teaspoon	Servings per container: 48		
Amount Per Serving	% Daily Value*		
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	8%	
Saturated Fat	1.0 g	5%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	30 I.U.	100%	
Omega-3s	Weight#	Volume %	
EPA (Eicosapentaenoic Acid)	675 mg	15%	
DHA (Docosahexaenoic Acid)	450 mg	10%	
Other Omega-3s	287 mg	6%	
Total Omega-3s	1412 mg	31%	
Omega-6s	Weight#	Volume %	
GLA (Gamma Linolenic Acid)	165 mg	4%	
Omega-9s	Weight#	Volume %	
OA (Oleic Acid)	400 mg	9%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides  
Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), borage oil, natural lemon oil, d-alpha tocopherol, rosemary extract.

## DHA STRAWBERRY • 90 CAPS

Supplement Facts			
Serving Size: 2 Soft Gels	Servings per container: 45		
Amount Per Serving	% Daily Value*		
Calories	9		
Calories from fat	9		
Total Fat	1.0 g	2%	
Saturated Fat	0 g	0%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	15 I.U.	50%	
Omega-3s	Weight#	Volume %	
DHA (Docosahexaenoic Acid)	450 mg	50%	
EPA (Eicosapentaenoic Acid)	90 mg	10%	
Other Omega-3s	40 mg	5%	
Total Omega-3s	580 mg	65%	
Oleic Acid (Omega-9)	24 mg	3%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides  
Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, strawberry essence), strawberry essence, d-alpha tocopherol, rosemary extract.

**EPA**  
LEMON • 60 CAPS

Supplement Facts			
Serving Size: <b>2 Soft Gels</b>		Servings per container: <b>30</b>	
Amount Per Serving	% Daily Value*		
Calories	18		
Calories from fat	18		
Total Fat	2.0 g	3%	
Saturated Fat	0.2 g	1%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	30 I.U.	100%	
Omega-3s	Weight‡	Volume %	
EPA (Eicosapentaenoic Acid)	850 mg	45%	
DHA (Docosahexaenoic Acid)	200 mg	10%	
Other Omega-3s	180 mg	9%	
Total Omega-3s	1230 mg	64%	
Oleic Acid (Omega-9)	142 mg	8%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

**EPA XTRA**  
LEMON • 60 CAPS

Supplement Facts			
Serving Size: <b>2 Soft Gels</b>		Servings per container: <b>30</b>	
Amount Per Serving	% Daily Value*		
Calories	18		
Calories from fat	18		
Total Fat	2.0 g	3%	
Saturated Fat	0.2 g	1%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	30 I.U.	100%	
Omega-3s	Weight‡	Volume %	
EPA (Eicosapentaenoic Acid)	1060 mg	58%	
DHA (Docosahexaenoic Acid)	274 mg	15%	
Other Omega-3s	202 mg	11%	
Total Omega-3s	1536 mg	84%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

**OMEGA-3**  
LEMON • 60 & 120 CAPS

Supplement Facts			
Serving Size: <b>2 Soft Gels</b>		Servings per container: <b>30/60</b>	
Amount Per Serving	% Daily Value*		
Calories	18		
Calories from fat	18		
Total Fat	2.0 g	3%	
Saturated Fat	0.6 g	3%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	30 I.U.	100%	
Omega-3s	Weight‡	Volume %	
EPA (Eicosapentaenoic Acid)	330 mg	18%	
DHA (Docosahexaenoic Acid)	220 mg	12%	
Other Omega-3s	140 mg	8%	
Total Omega-3s	690 mg	38%	
Oleic Acid (Omega-9)	116 mg	6%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

**OMEGA-3 LIQUID**  
LEMON • 8 & 16 OZ.

Supplement Facts			
Serving Size: <b>1 Teaspoon</b>		Servings per container: <b>48/96</b>	
Amount Per Serving	% Daily Value*		
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	8%	
Saturated Fat	1.5 g	8%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	30 I.U.	100%	
Omega-3s	Weight‡	Volume %	
EPA (Eicosapentaenoic Acid)	825 mg	18%	
DHA (Docosahexaenoic Acid)	550 mg	12%	
Other Omega-3s	350 mg	8%	
Total Omega-3s	1725 mg	38%	
Oleic Acid (Omega-9)	290 mg	6%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), natural lemon oil, d-alpha tocopherol, rosemary extract.

**OMEGA-3 (IN FISH GELATIN)**  
LEMON • 60 CAPS

Supplement Facts			
Serving Size: <b>2 Fish Gels</b>		Servings per container: <b>30</b>	
Amount Per Serving	% Daily Value*		
Calories	18		
Calories from fat	18		
Total Fat	2.0 g	3%	
Saturated Fat	0.6 g	3%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	30 I.U.	100%	
Omega-3s	Weight‡	Volume %	
EPA (Eicosapentaenoic Acid)	330 mg	18%	
DHA (Docosahexaenoic Acid)	220 mg	12%	
Other Omega-3s	140 mg	8%	
Total Omega-3s	690 mg	38%	
Oleic Acid (Omega-9)	116 mg	6%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (fish gelatin from tilapia, glycerin, water, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

**OMEGA-3.6.9 JUNIOR**  
LEMON • 90 CAPS

Supplement Facts			
Serving Size: <b>2 Soft Gels</b>		Servings per container: <b>45</b>	
Amount Per Serving	% Daily Value*		
Calories	9		
Calories from fat	9		
Total Fat	1.0 g	2%	
Saturated Fat	0.2 g	1%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	15 I.U.	50%	
Omega-3s	Weight‡	Volume %	
EPA (Eicosapentaenoic Acid)	135 mg	15%	
DHA (Docosahexaenoic Acid)	90 mg	10%	
Other Omega-3s	58 mg	6%	
Total Omega-3s	283 mg	31%	
Omega-6s	112 mg	12%	
GLA (Gamma Linolenic Acid)	33 mg	4%	
Omega-9s	122 mg	13%	
OA (Oleic Acid)	80 mg	9%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), borage oil, natural lemon oil, d-alpha tocopherol, rosemary extract.

**OMEGA WOMAN**  
LEMON • 120 CAPS

Supplement Facts			
Serving Size: <b>2 Soft Gels</b>		Servings per container: <b>60</b>	
Amount Per Serving	% Daily Value*		
Calories	9		
Calories from fat	9		
Total Fat	1.0 g	2%	
Saturated Fat	0 g	0%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	15 I.U.	50%	
Omega-3s	Weight‡	Volume %	
EPA (Eicosapentaenoic Acid)	33 mg	4%	
DHA (Docosahexaenoic Acid)	22 mg	2%	
Other Omega-3s	7 mg	1%	
Total Omega-3s	62 mg	7%	
Evening Primrose Oil	800 mg	80%	
Gamma Linolenic Acid (Omega-6)	76 mg	8%	
Oleic Acid (Omega-9)	50 mg	5%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

**Ingredients:** evening primrose oil, purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

**PRENATAL DHA**  
UNFLAVORED • 90 CAPS

Supplement Facts			
Serving Size: <b>2 Soft Gels</b>		Servings per container: <b>45</b>	
Amount Per Serving	% Daily Value*		
Calories	9		
Calories from fat	9		
Total Fat	1.0 g	2%	
Saturated Fat	0 g	0%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	15 I.U.	50%	
Omega-3s	Weight‡	Volume %	
DHA (Docosahexaenoic Acid)	450 mg	50%	
EPA (Eicosapentaenoic Acid)	90 mg	10%	
Other Omega-3s	40 mg	5%	
Total Omega-3s	580 mg	65%	
Oleic Acid (Omega-9)	24 mg	3%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin), d-alpha tocopherol, rosemary extract.

**ULTIMATE OMEGA**  
LEMON • 60 & 120 CAPS

Supplement Facts			
Serving Size: <b>2 Soft Gels</b>		Servings per container: <b>30</b>	
Amount Per Serving	% Daily Value*		
Calories	18		
Calories from fat	18		
Total Fat	2.0 g	3%	
Saturated Fat	0.1 g	1%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	30 I.U.	100%	
Omega-3s	Weight‡	Volume %	
EPA (Eicosapentaenoic Acid)	650 mg	35%	
DHA (Docosahexaenoic Acid)	450 mg	25%	
Other Omega-3s	180 mg	10%	
Total Omega-3s	1280 mg	70%	
Oleic Acid (Omega-9)	56 mg	3%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

**ULTIMATE OMEGA LIQUID**  
LEMON • 4 OZ.

Supplement Facts			
Serving Size: <b>1/2 Teaspoon</b>		Servings per container: <b>48</b>	
Amount Per Serving	% Daily Value*		
Calories	23		
Calories from fat	23		
Total Fat	2.5 g	4%	
Saturated Fat	0.1 g	1%	
Trans Fat	0 g	†	
Vitamin E (d-alpha tocopherol)	15 I.U.	50%	
Omega-3s	Weight‡	Volume %	
EPA (Eicosapentaenoic Acid)	813 mg	35%	
DHA (Docosahexaenoic Acid)	563 mg	25%	
Other Omega-3s	225 mg	10%	
Total Omega-3s	1601 mg	70%	
Oleic Acid (Omega-9)	70 mg	3%	

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

**Ingredients:** purified deep sea fish oil (from anchovies and sardines), natural lemon oil, d-alpha tocopherol, rosemary extract.