

### **Omega 3**

Serving Size: 1 softgel

Servings per Container: 180

<b>Amount Per Serving</b>		<b>%Daily Value*</b>
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%
Cholesterol	5mg	2%
Fish Oil	1000 mg	**
Typically contains:		
EPA (Eicosapentaenoic Acid)	160 mg	**
DHA (Docosahexaenoic Acid)	100 mg	**
Other Omega-3 Fatty Acids	63 mg	**

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

\*\*Daily Value not established.

Other Ingredients: Gelatin, Glycerol and Water.

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

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