

Prod. No. 3830



**NATURE'S BOUNTY**

# NATURAL FISH OIL

## 1000 mg

### High In Omega-3 Fatty Acids

### Promotes Heart Health\*\*\*

### Cholesterol Free

### DIETARY SUPPLEMENT 50 SOFTGELS



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Health experts agree: not all fat is bad for you. Omega-3 fatty acids are considered one of the "good" fats important for cellular, heart and metabolic health.\*\*\* But getting an adequate amount of fatty acids to protect heart health is not easy - especially in today's fast food world.\*\*\* Natural Fish Oil contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), two fatty acids that help support and maintain the health of your cardiovascular system.\*\*\*

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

Laboratory tested to meet strict quality control standards for potency, purity and disintegration.

Three softgels provide the Omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) found in 3.6 oz. of fresh Salmon.

Hermetically sealed in soft gelatin capsules. Made from the oils of cold water, deep sea fish. Marine Lipid Concentrate.

Pregnant or lactating women and persons under the age of 18 should consult a doctor before using any product. **Consult doctor before use if you have, or have had, heart disease, diabetes, or if you are taking ANY PRESCRIPTION MEDICATION** including blood-thinners or daily aspirin. **Discontinue use and consult your doctor if any adverse reactions occur.**

**TAMPER RESISTANT:** Do not use if imprinted seal under cap is broken. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

\*\*\*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.

## Supplement Facts

Serving Size 1 softgel

| Amount Per Serving   | %Daily Value |
|--|--------------|
| Calories 10  |              |
| Calories from Fat 10   |              |
| Total Fat 1 g  | 2%*          |
| Polyunsaturated Fat 0.5 g  | **           |
| Cholesterol 0 mg   | 0%           |
| Vitamin E (as d-Alpha Tocopherol plus d-beta, d-gamma and d-delta) | 1.1 I.U. 4%  |
| Fish Oil   | 1,000 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.

**Nutrition Questions or Comments?**  
Call NutraPhone® 1-800-433-2990  
Mon.- Fri. 9 AM - 7 PM ET

Visit us on the Web [www.NaturesBounty.com](http://www.NaturesBounty.com)

Carefully Manufactured by  
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