

OMEGA-3 NUTRITION

Omega-3 Complex

Look for the
omega-3s that matter.*



The EPA and DHA amounts tell a more useful story than fish-oil weight alone. Omega-3 Complex provides both in one softgel, with vitamin E.

THE DETAILS THAT MATTER

EPA, clearly measured

320 mg EPA per softgel, identified separately from total fish oil.

DHA, clearly measured*

240 mg DHA, an omega-3 that is a structural component of cell membranes, including in the brain and retina.*

The two together

560 mg combined EPA and DHA per softgel helps make your comparison straightforward.

A transparent omega-3 choice for people who want to know what is inside the softgel.

Supplement Facts

Serving Size: 1 Softgel (1194.00 mg)

	Amount Per Serving		Calories	% Daily Value*
Total Calories			8.04	
Total Fat	749.77	mg	6.75	1%*
Saturated Fat	48.29	mg	0.43	<1%*
Trans Fat	0.00	mg	0.00	†
Unsaturated Fat	701.49	mg	6.31	†
Monounsaturated Fat	120.48	mg	1.08	†
Polyunsaturated Fat	581.00	mg	5.23	†
Cholesterol	0.00	mg	0.00	0%*
Total Carbohydrate	108.85	mg	0.44	<1%*
Protein	214.72	mg	0.86	<1%*
Amount Per Serving				
Vitamin E	10.00		IU	45%
	6.70		mg	
EPA (Eicosapentaenoic Acid)*	320.00		mg	†
DHA (Docosahexaenoic Acid)*	240.00		mg	†

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

† Daily Value not established

All Ingredients In Descending Order: Fish Oil Concentrate, Gelatin, Glycerin, Purified Water, Vitamin E (D-Alpha Tocopherol).

Zero declaration is allowed if, for one serving:

Total fat	Less than 0.5 gram
Saturated fat	Less than 0.5 gram
Trans fat	Less than 0.5 gram
Cholesterol	Less than 2 mg
Carbohydrates	Less than 0.5 gram
Protein	Less than 0.5 gram

[View original facts source >](#)

*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.

Pill image shown at illustrative scale.