

DIRECTIONS: FOR ADULTS, TAKE ONE (1) SOFTGEL THREE TIMES DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts		
Serving Size 1 Softgel		
Amount Per Serving		%Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Saturated Fat	0 g	0%**
Polyunsaturated Fat	0 g	***
Monounsaturated Fat	0 g	***
Cholesterol	5 mg	2%
Fish Oil	1,000 mg (1 g)	***
EPA (Eicosapentaenoic Acid)		***
DHA (Docosahexaenoic Acid)		***
Total Omega-3 Fatty Acids	300 mg	***

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

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Tocopherols. Contains fish (anchovy, mackerel, sardine) ingredients.
No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish, Sodium Free.

Sundown
Naturals

Fish Oil

1000 MG with Natural Omega-3

Promotes Heart & Circulatory Health*

PURIFIED TO ELIMINATE MERCURY

200 SOFTGELS DIETARY SUPPLEMENT

Smart Facts

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 promote heart health is not easy - especially in today's fast food world.* Fish Oil contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), two fatty acids that help support and maintain the health of your cardiovascular system.* This product also contains Mixed Tocopherols to preserve freshness. In addition, research has found positive associations between Omega-3 Fish Oil intake and a positive mood.*

*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.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT; DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Questions? Call toll free 1-888-VITAHELP (848-2435) or visit us at www.sundownnaturals.com

Manufactured by SUNDOWN, INC.
Boca Raton, FL 33487 USA



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The lot code gives us the information we need to address your question. It is located on the product label near the Freshness/Guaranteed Date or Expiration Date.

- The lot code consists of a series of numbers and letters or just numbers
- It is stamped in ink of the actual bottle or embossed on the box end.

Example: 229306-01