

Supplement Facts

Serving Size 2 Softgels (2 g)

Amount Per Serving	% Daily Value*
Calories 18	Calories from Fat 18
Total Fat 2 g	3%
Saturated Fat 0.6 g	3%
Polyunsaturated Fat 0.8 g	†
Monounsaturated Fat 436 mg	†
Cholesterol 6 mg	4%
Vitamin E Natural (d-alpha Tocopherol) 2 IU	7%
Ascorbyl Palmitate 4 mg	†
Omega-3 Polyunsaturated Fat	
Eicosapentaenoic Acid (EPA) 360 mg	†
Docosahexaenoic Acid (DHA) 240 mg	†
Alpha Linolenic Acid (LNA) 18 mg	†
Other Omega-3 Fatty Acids 162 mg	†

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

† Daily Value not established.

Supplement Facts

Serving Size 1 Tsp. (5 ml)

Amount Per Serving	
Calories 44	Calories from Fat 45
% Daily Value*	
Total Fat 4.5 g	8%
Saturated Fat 1.5 g	8%
Polyunsaturated Fat 2 g	†
Monounsaturated Fat 1 g	†
Cholesterol 15 mg	5%
Vitamin E Natural 5 IU (d-alpha Tocopherol)	16%
Omega-3 Polyunsaturated Fat	
Eicosapentaenoic Acid (EPA) 880 mg	†
Docosahexaenoic Acid (DHA) 585 mg	†
Alpha Linolenic Acid (LNA) 45 mg	†
Other Omega-3 Fatty Acids 405 mg	†
Omega-6 Polyunsaturated Fat	
Linoleic Acid (LA) 55 mg	†
Other Omega-6 Fatty Acids 35 mg	†
Omega-9 Monounsaturated Fat	
Oleic Acid 445 mg	†
Other Monounsaturated Fatty Acids 651 mg	†

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

† Daily Value not established.