

Molecularly Distilled | Guaranteed Purity

NORDIC



NATURALS®

- ✓ Radiant Skin*
- ✓ Flexible Joints*
- ✓ Positive Mood*

Great
lemon
taste!



COMPLETE™ OMEGA

1270 mg Omega-3 + 170 mg GLA

Fish oil plus borage seed oil for healthy skin,
joints, and cognition*

Superior Triglyceride Form



Dietary Supplement | 8 fl oz/237 mL

Supplement Facts

Serving Size: 1 Teaspoon (5 mL)

Servings per bottle: 48

Amount Per Serving	% Daily Value**	
Calories	45	
Calories from fat	45	
Total Fat	5 g	8%
Saturated Fat	1 g	5%
Trans Fat	0 g	†
Total Omega-3s	1270 mg	†
EPA (Eicosapentaenoic Acid)	610 mg	†
DHA (Docosahexaenoic Acid)	405 mg	†
Other Omega-3s	255 mg	†
Omega-6s	500 mg	†
GLA (Gamma-Linolenic Acid)	170 mg	†
Omega-9s	500 mg	†
OA (Oleic Acid)	400 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), borage seed oil (*borage officinalis*), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
No gluten, milk derivatives, or artificial colors or flavors.

Complete Omega™ combines omega-3s EPA and DHA from fish oil with the unique omega-6 gamma-linolenic acid (GLA) from borage seed oil. This blend helps nourish skin, promotes a healthy mood, and supports cognitive function and joint health.*

Wild caught. Pure. No fishy aftertaste. Friend of the Sea certified.

Every batch of Nordic Naturals fish oils is tested by a third-party certified lab for environmental toxins, including heavy metals. All fish oils are in the triglyceride form and surpass the strictest international standards for purity and freshness. Certificates of Analysis available upon request.

Suggested Use: One teaspoon daily, with food, or as directed by your health care professional or pharmacist.

Do not take if tamper-evident seal is broken or missing

Refrigerate after opening

Best if used within 3 months after opening

Keep out of the reach of children

Nordic Naturals products are never sold under any store brand

Warning: Consult with your physician before using this product if you are allergic to iodine, or use blood thinners.

* 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.

Fish oil processed in Norway.
Manufactured in the U.S. by:
NORDIC NATURALS Mfg.
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Watsonville, CA 95076
800.662.2544
nordicnaturals.com

Please recycle this container

Rev.E-02

