

Norwegian

500 mg  
EPA & DHAPurity  
Potency  
Freshness  
GuaranteedDietary  
Supplement

Carlson

Super Omega-3 GEMS®

FISH OIL

Concentrate

100 SOFT GELS: 1000 mg

1521-24 - 1C

Carlson: Specializing in the finest Norwegian fish oils since 1982.

Medical Scientists Internationally are encouraging people to eat more fish. Fish body oil is the **ONLY MAJOR SOURCE** of the polyunsaturated Omega-3's EPA and DHA.

For those individuals who do not eat an oily fish diet, Carlson offers Omega-3's in easy-to-swallow soft gelatin capsules. Carlson **SUPER OMEGA-3 GEMS®** soft gels contain 1000 mg (1 gram) of a special concentrate of fish body oils from deep, cold water fish which are especially rich in the important Omega-3's EPA and DHA.

Supplement Facts		Serving Size 1 Soft Gel
	Amount Per Soft Gel	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% ☆
Vitamin E Natural (d-Alpha Tocopherol)	10 IU	33%
Norwegian Fish Oil	1000 mg	†
Total Omega-3 Fatty Acids*	600 mg	†
EPA (Eicosapentaenoic Acid)*	300 mg	†
DHA (Docosahexaenoic Acid)*	200 mg	†

☆ Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value (DV) not established. \*Reported as ethyl ester.

**Other Ingredients:** Soft Gel Shell: Beef gelatin, glycerin, water.  
Contains fish (anchovy and sardine).

**Directions:** Take one soft gel one to five times daily, AT MEALTIME.

#### PURITY GUARANTEED

This product is regularly tested (using AOAC international protocols) for freshness, potency and purity by an independent, FDA-registered laboratory and has been determined to be fresh, fully-potent and free of detrimental levels of mercury, cadmium, lead, PCB's and 28 other contaminants.

Preservative-free. Cholesterol-free. Gluten-free.

#### POTENCY & QUALITY GUARANTEED

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• An F.D.A. Regulated Facility •



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\*\* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.