

SPRING

VALLEY

VITAMIN #1 BRAND

All Natural

Fish Oil

1000 mg/300 mg Omega-3 per softgel

3
per day✓ Purified to
Remove Mercury

HEART HEALTH*

Dietary Supplement

100 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving

	% Daily Value
Calories	10
Calories from Fat	10
Total Fat	1 g
Cholesterol	5 mg
Fish Oil	1 g (1,000 mg)
provides 300 mg of Omega-3 Fatty Acids comprising of:	
EPA (Eicosapentaenoic Acid)	
DHA (Docosahexaenoic Acid)	
Other Fatty Acids	

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

†††Daily Value not established.

OTHER INGREDIENTS: Gelatin, Glycerin, Mixed Natural Trough
CONTAINS: FISH (ANCHOVY, MACKEREL, SARDINE) INGREDIENTS
†Are Natural Tocopherols

Product of Peru

Fish Oil supports a healthy heart and
healthy joints.**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.No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives,
No Lactose, No Sugar, No Preservatives, No Artificial Color,
No Artificial Flavor, No Sodium (less than 5 mg per serving)SUGGESTED USE: Adults, take one softgel three times daily,
preferably with a meal.WARNING: If you are pregnant, nursing, taking any medications,
planning any medical procedure or have any medical condition,
consult your doctor before use. Discontinue use and consult your
doctor if any adverse reactions occur.

MEG-3® is verified by the US Pharmacopeia (USP).

MEG-3®

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Ocean Nutrition Canada, Ltd., Dartmouth, Nova Scotia, Canada
B2Y 4T6

KEEP OUT OF THE REACH OF CHILDREN.

Store at room temperature. Keep bottle tightly closed.

FOR YOUR PROTECTION, DO NOT USE IF SEAL UNDER CAP IS
BROKEN OR MISSING.DISTRIBUTED BY: Wal-Mart Stores, Inc.
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Questions or comments? 1-866-251-1662

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guidelines.
✓ Verified by an independent,
ISO 9001:2000 certified laboratory.
UNCONDITIONALLY GUARANTEED BY REFUND
OR REPLACEMENT