



Teen's

Smart Catch®

700 mg Omega-3s



DIETARY SUPPLEMENT

✓ Cognitive Development\* ✓ Brain Function\* ✓ Vision Support\*

90 Soft Gels | 45 Servings

## Supplement Facts

Serving Size 2 Soft Gels  
Servings Per Container 45

|                                   | Amount Per Serving | % DV |
|-----------------------------------|--------------------|------|
| Calories                          | 20                 |      |
| Total Fat                         | 2 g                | 3%** |
| Saturated Fat                     | 0.5 g              | 3%** |
| Cholesterol                       | 10 mg              | 3%   |
| Protein                           | <1 g               |      |
| Vitamin E (as d-alpha tocopherol) | 13.4 mg            | 89%  |
| Norwegian Fish Oil                | 2 g                | †    |
| Total Omega-3 Fatty Acids*        | 700 mg             | †    |
| DHA (Docosahexaenoic Acid)*       | 240 mg             | †    |
| EPA (Eicosapentaenoic Acid)*      | 360 mg             | †    |

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

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water), natural flavors, natural mixed tocopherols. Contains fish (anchovy, sardine, mackerel).  
\*Reported as triglycerides.

**Directions:** Teens: take two soft gels daily **at mealtime.**

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Carlson®

Providing the finest Norwegian  
omega-3s since 1982

**Smart Catch®** lemon flavored soft gels provide the important omega-3s EPA and DHA, which support heart, brain, vision, and joint health.\* To ensure maximum freshness, Smart Catch is sourced from deep, cold water fish using traditional, sustainable methods and is closely managed from sea to store.

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

✓ **Gluten-free** ✓ **No Artificial Preservatives**

**PURITY GUARANTEED**

This product is regularly tested by independent FDA registered laboratories. It has been determined to be fresh and fully potent (per AOCS international protocols) and is free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.



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