



Norwegian Fish Oil Concentrate

Super DHA

500 mg of DHA

Gems®



DIETARY SUPPLEMENT

Promotes Brain, Vision, Joint & Cardiovascular Health*

180 Soft Gels

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

Carlson. Specializing in the finest Norwegian fish oils since 1982

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 (as natural d-Alpha Tocopherol)	10 IU	33%
Fish Body Oil Concentrate	1000 mg	†
DHA (Docosahexaenoic Acid)*	500 mg	†
EPA (Eicosapentaenoic Acid)*	100 mg	†

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

† Daily Value (DV) not established. *Reported as triglycerides.

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

Directions: Take one soft gel one to five times daily, **at mealtime.**

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DHA is a vital structural component of cell membranes in our brain and eyes. It supports healthy cell signaling.*

Each Carlson **Super DHA Gems** soft gel contains 1000 mg (1 gram) of fish body oil concentrate from a special blend of Norwegian fish oils. **PLUS:** 10 IU of Natural Vitamin E (d-alpha tocopherol) has been added, not only to protect the freshness of the oil, but to supply the body with the additional Vitamin E it may need. Increased amounts of Vitamin E are needed when polyunsaturated oils like DHA and EPA are consumed.

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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, PCBs and 28 other contaminants.



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