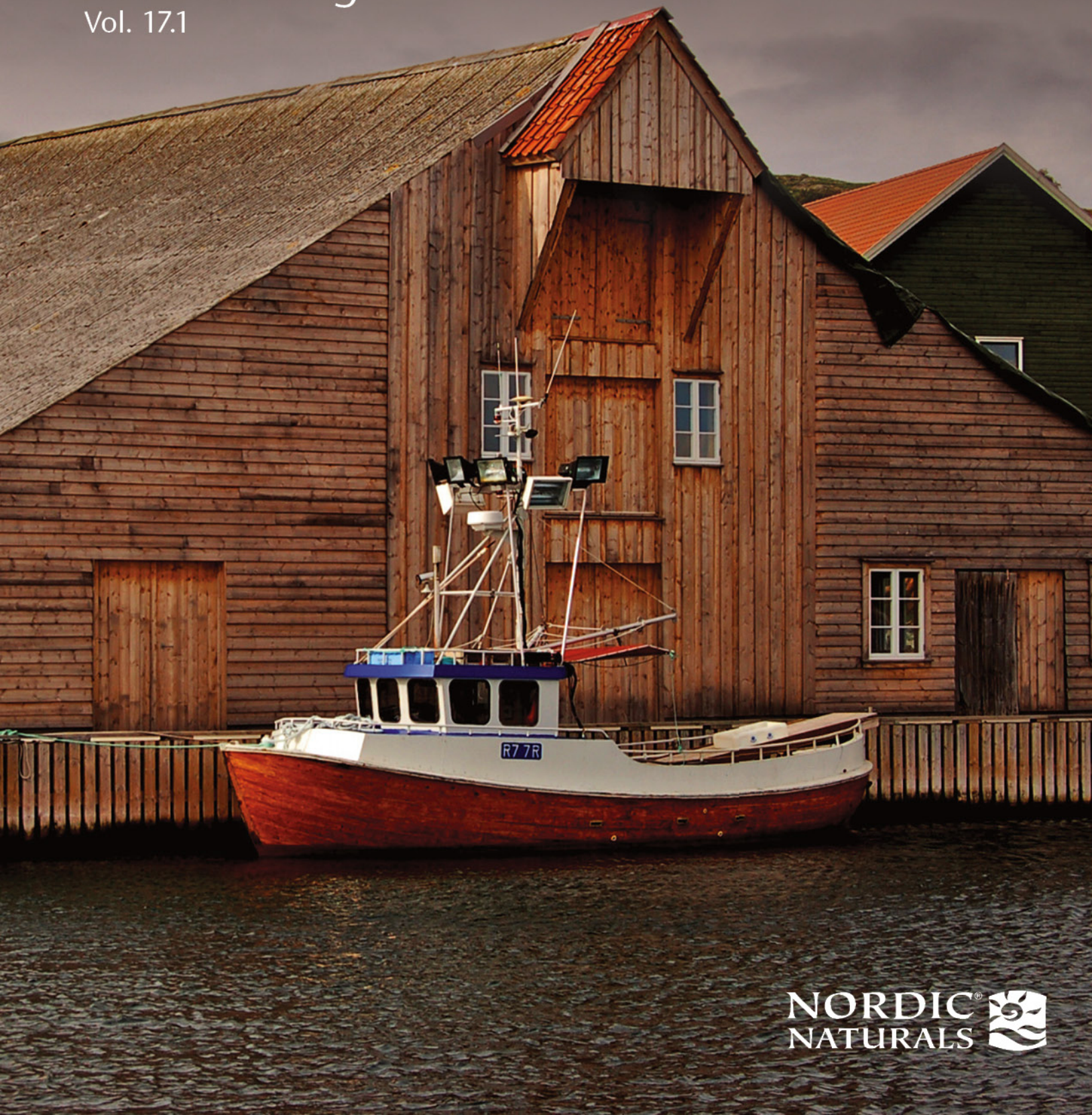


NORDIC NATURALS®

Retail Catalog

Vol. 17.1





Welcome to

NORDIC NATURALS

Nordic Naturals was born in Arctic Norway, where founder Joar Opheim grew up and where fish oil is a part of everyday life.

When Joar came to California in the mid-1980s to complete his MBA, he was unable to find the quality fish oil he relied on to manage his old gymnastic injuries, and had to consistently bring bottles from Norway—filling his suitcase on trips back and forth.

Driven by his Norwegian heritage, knowledge of fish oil, and love of science, Joar was inspired to contribute to advancing fish oil quality and industry standards, founding Nordic Naturals in 1995. Guided by his personal mission to bring high-quality fish oil to the world, Joar has developed several patented fish oil technologies that include flavoring, taste, delivery, and processing—shaping standards for a country and industry that had few guidelines in place.

Today, Nordic Naturals is a leading supplier of fish oils worldwide, offering a wide variety of flavors, concentrations, and delivery forms to meet personalized nutritional needs.

"Growing up, I never knew anyone who didn't take fish oil to stay healthy."

TABLE OF CONTENTS

WHY YOU NEED FISH OIL 2

BRAND DISTINCTION 4

THIRD-PARTY TESTING 10

BACKED BY CLINICAL RESEARCH 12

TRUSTED INDUSTRY LEADER 14

THE FISH OIL THAT STARTED IT ALL 16

PASSION FOR INNOVATION 18

PRODUCTS 20

 ARCTIC COD LIVER OIL AND EFFERVESCENT 20

 OMEGA-3S—NATURAL EPA/DHA RATIOS 22

 OMEGA-3 CONCENTRATES—HIGH EPA & DHA FORMULAS 26

 OMEGA-3.6.9 FORMULAS AND CONDITION-SPECIFIC BLENDS 36

 CHILDREN’S PRODUCTS AND ADJUNCT THERAPIES 42

 PET PRODUCTS 48

SUPPORT MATERIAL 50

PLANET NORDIC 52

NOTES 54

WHY YOU NEED FISH OIL

Essential fatty acids (EFAs) are considered “essential fats” because they are required for optimal health but cannot be produced by the body. Fish oil supplies the omega-3 essential fatty acids EPA and DHA. An increase in omega-3s promotes the natural anti-inflammatory response, which in turn optimizes heart, brain, circulatory, metabolic, joint, and tissue health.*

How does it work? There are two main families of essential fats: omega-3 and omega-6. In the body, omega-3s reside in the cell membrane, where they compete with omega-6s. Proper cell function is dependent on a balanced intake of these fats. An overabundance of omega-6 fats (from refined vegetable oils, processed foods, and meat) can disrupt this delicate balance.*

So, by consuming more omega-3s, you can maintain a healthy balance of these essential fats and further support the anti-inflammatory response. Fish oil is the best source of omega-3s, and optimizes the health of every tissue, organ, and system in the body.*

In addition to high levels of omega-3s, fish oil also contains the health-promoting omega-9 Oleic Acid, which has been shown to have cardiovascular benefits. Many of our products also contain borage oil or evening primrose oil, nature’s best sources of the beneficial omega-6 GLA.

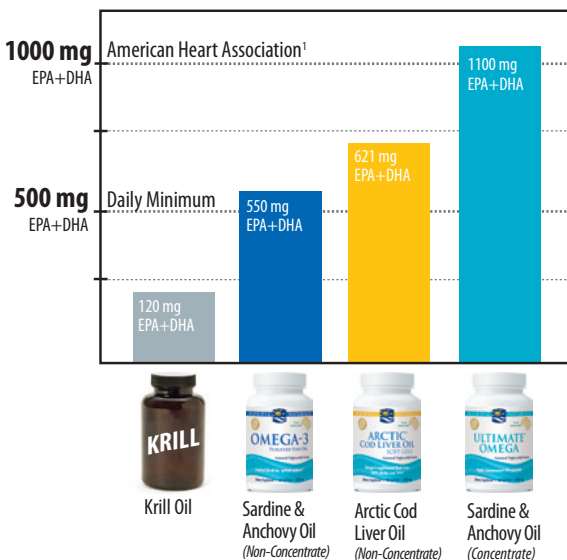
How Much Are You Getting?

Experts agree—we need a *minimum* of 500 mg EPA+DHA daily.

Nordic Naturals fish oils deliver more omega-3s per serving than most other omega-3 products. This means you get more health benefits in fewer soft gels—all with our exceptional purity, freshness, and taste.

Leading research institutions have consistently chosen Nordic Naturals for their clinical studies, which require rigorous documentation of purity, potency, and stability of the oils used in their products. No other fish oil can say the same.

High-quality, purified fish oil is the safest, most effective source of the omega-3 essential fatty acids EPA and DHA.



Amounts based on suggested daily serving size

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

EPA+DHA = OMEGA-3

EPA

healthy heart and body

[Eicosapentaenoic Acid]

Omega-3

- Maintains a healthy heart and circulatory system*
- Enhances joint flexibility and movement*
- Promotes healthy immune function*
- Supports optimal metabolism and body composition*
- Promotes balanced blood sugar levels*
- Supports the body's natural anti-inflammatory response*

DHA

healthy mood, mind, and memory

[Docosahexaenoic Acid]

Omega-3

- Supports learning and memory*
- Promotes positive mood and well-being*
- Supports and protects the brain, eyes, and nervous and immune systems*
- Essential for the proper development of infants and children*
- Recommended by physicians for pregnant and lactating women*

GLA

healthy skin, hair, and hormones

[Gamma-Linolenic Acid]

Omega-6

- Nourishes hair and skin*
- Supports healthy joints*
- Enhances hormonal balance*
- Maintains optimal body fat metabolism*
- Supports a positive mood*
- Supports a regular menstrual cycle via prostaglandin metabolism*

OA

healthy blood pressure and cholesterol levels

[Oleic Acid]

Omega-9

- Naturally occurs in fish oil
- Major constituent of the Mediterranean diet associated with lower incidence of chronic degenerative diseases such as coronary heart disease
- A good-for-you omega-9 monounsaturated fatty acid
- Supports healthy blood vessel function*
- Promotes healthy cell membrane structure*

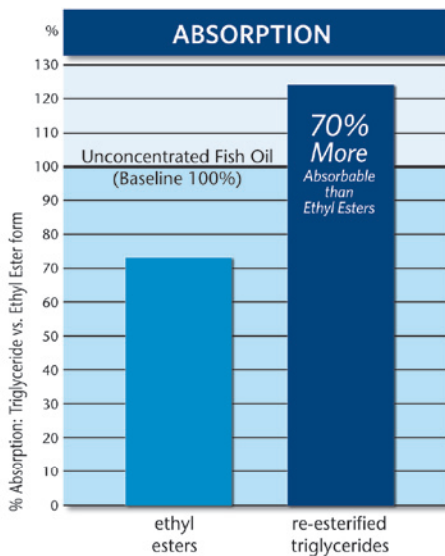


BRAND DISTINCTION

TRIGLYCERIDE VS. ETHYL ESTER FORM

The vast majority of all fish oil concentrates on the market are in the ethyl ester (EE) form, a synthetic fat with only 20 years of history in the human diet. All of Nordic Naturals' concentrates are in the optimal re-esterified triglyceride (rTG) form.

In a recent blinded, placebo-controlled study involving seventy-two people between the ages of 21 and 56, the rTG form was absorbed 70% better than the ethyl ester form.²



In fish, EPA and DHA naturally occur in the triglyceride form. A triglyceride consists of a glycerol “backbone” linked to three fatty acids. To make a quality fish oil concentrate, the individual fatty acids must first be removed from the glycerol backbone using natural enzymes. To stabilize these delicate fatty acids, they are bound to an ethyl alcohol molecule before they undergo molecular distillation to both purify and increase the amounts of EPA and DHA. The manufacturer must then choose to either 1) re-attach the fatty acids to the glycerol backbone in a process known as “re-esterification,” creating a natural triglyceride structure, or 2) leave the fish oil as an ethyl ester, which is the less-costly option.

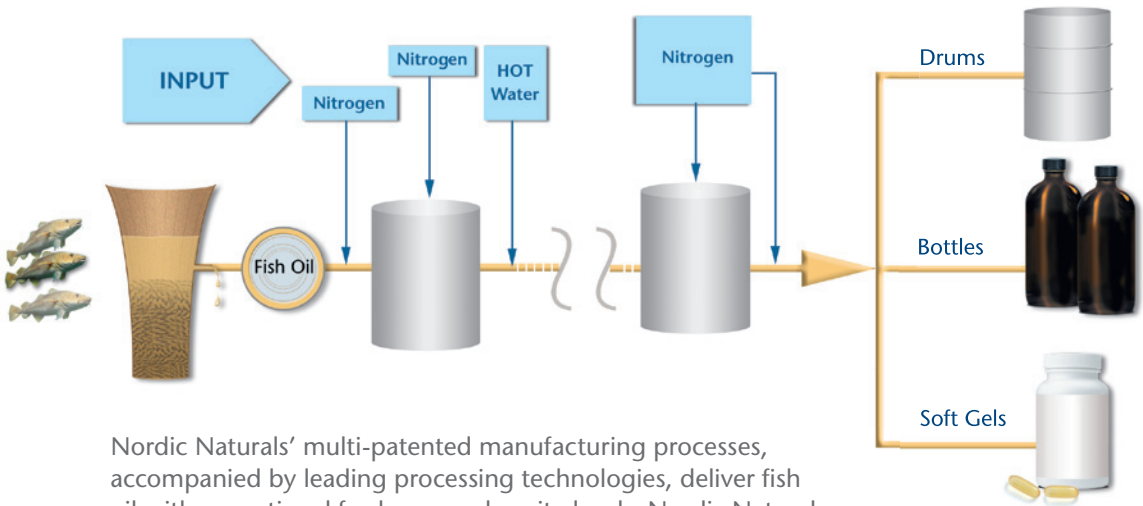
While there is not yet a scientific consensus on the TG vs. EE issue, it has been established that distinct differences exist in how the body utilizes these different forms. As science continues to confirm that the triglyceride form is vital for the body’s proper utilization of omega-3s, Nordic Naturals continues to research, educate, and lead by example on this important discovery.

2. Dyerberg J, et al. Bioavailability of marine n-3 fatty acid formulations. *Prostaglandins Leukot Essent Fatty Acids* 2010 Sep;83(3):137–141.



MULTI-PATENTED MANUFACTURING

No harmful chemicals or excessive heat



Nordic Naturals' multi-patented manufacturing processes, accompanied by leading processing technologies, deliver fish oil with exceptional freshness and purity levels. Nordic Naturals uses several steps in processing the oils, from water and clay filters to molecular distillation.

Nordic Naturals aims to minimize heat and preserve the natural constituents of the oil to the highest degree possible. We use only natural enzymes to form triglycerides for all our high-concentrate products, with no chemicals such as hexane or excessive heat. All of our products are manufactured in triglyceride form in order to best preserve the oil and enhance absorption and utilization.

FISH VS. FLAX

Absorption: Omega Source Matters

Omega-3 fatty acids fall into two major categories: marine-derived (fish) and plant-derived (flaxseed). This is often confusing, and many think the two are interchangeable. Fish oil contains the marine-derived omega-3s EPA and DHA. Flaxseed contains the plant-derived omega-3 alpha-linolenic acid (ALA), which can be partially converted to EPA and DHA, but that conversion rate is low and can be inhibited by lifestyle and health factors.

Research shows that less than 15% of ALA converts to EPA, and less than 5% converts to DHA, under optimal conditions. While flaxseed and flaxseed oil may contain many health-promoting benefits, they do not provide the necessary amounts of EPA and DHA.

How much EPA+DHA are you getting?



2 Ultimate Omega® 1000 mg soft gels	½ can of sardines	44 flaxseed 1000 mg soft gels	10 ounce bag of flaxseed
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Flaxseed soft gels based on 1000 mg, containing 500 mg ALA at 5% conversion to DHA and 15% conversion to EPA (under optimal conditions).

FISH OIL vs. KRILL OIL

Research, Concentration, and Sustainability matter

Several companies are selling krill oil supplements as a source of omega-3s. Krill are shrimp-like crustaceans that are a crucial link in the marine food chain, and concerns about the ecological impact of increased fishing of krill has resulted in krill fishing being banned on the U.S. West Coast, and strictly limited in Norway and Antarctica. In contrast, fish oil supplements are predominantly produced from sardines and anchovies—species that are currently in abundant supply, fished well below mandated limits, and considered ideal for sustainability, given their short reproductive cycles.

Fish oil is not only a more sustainable source for omega-3 supplements, it also provides a higher concentration of omega-3, is more stable, and is backed by more science than krill oil. Currently, there are very few human studies conducted with krill oil, whereas fish oil—when manufactured according to international quality standards—has a proven record of efficacy, purity, safety, and sustainability backed by several thousand published studies.



It takes more than four times as much krill oil to get the same amount of EPA+DHA that is in just 2 Ultimate Omega® soft gels.



COMMITTED TO DELIVERING THE WORLD'S SAFEST, MOST EFFECTIVE OMEGA OILS.™

At Nordic Naturals, fish oils aren't an extension of our line—they are our core competency. Since 1995, we have been committed to bringing forward a new definition of fish oil as it relates to purity, freshness, taste, and dosage. We exist to shape industry standards, make the highest-quality products on the planet, and ultimately correct the global omega-3 deficiency. What this exclusive focus on omega-3s means to you is safer, more effective, and better-tasting fish oil.

Certificate of Analysis

Product: Arctic Cod Liver Oil Orange, Liquid	Bulk Batch Nr: N/A	Bottle Lot Nr: 3699
Manufacture Date: April, 2010	Product Storage: Cool dry place, away from sunlight	Shelf Life: Three years from manufacture date

American Oil Chemists Society

Not More Than

Freshness

The smaller the number, the fresher the oil.

Oxidation	Test Method	Limits	Assay Result*
ACID	AOCS Cd 3d-63	NMT 1.0 KOH/g	0.13 KOH/g
PEROXIDE	AOCS Cd 8b-90	NMT 5.0 meq/kg	1.3 meq/kg
ANISIDINE**	AOCS 18-90	NMT 16.0 meq/kg	3.9 meq/kg
TOTOX*** (TOTAL OXIDATION)	Calculation	NMT 26.0 meq/kg	6.5 meq/kg

**Because of limitations of available testing methods, the anisidine value is determined using third-party testing from pre-flavored oil.
***Tox values are computed from testing performed on pre-flavored oil combined with finished product testing.

United States Environmental Protection Agency

Heavy Metals	Test Method	Limits	Assay Result*
ARSENIC	USEPA 305.1, 200.7, 200.8	NMT 0.1 mg/kg (ppm)	< 0.05 mg/kg (ppm)
CADMIUM	USEPA 305.1, 200.7, 200.8	NMT 0.1 mg/kg (ppm)	0.01 mg/kg (ppm)
LEAD	USEPA 305.1, 200.7, 200.8	NMT 0.1 mg/kg (ppm)	0.01 mg/kg (ppm)
MERCURY	USEPA 245.6 (Cold Vapour AAS)	NMT 0.1 mg/kg (ppm)	< 0.01 mg/kg (ppm)

Parts Per Trillion

Parts Per Million

Purity

These are toxins and pathogens, so the smaller the number, the purer the oil.

Environmental Toxins	Test Method	Limits	Assay Result*
POLYCHLORINATED BIPHENYLS (PCBs)	USEPA 1668 Revision A	NMT 0.09 mg/kg (ppm)	0.004 mg/kg (ppm)
DIOXIN-LIKE PCBs (non-ortho & mono-ortho)	USEPA 1668 Revision A	NMT 1.0 pcg/g (ppt)	0.168 pcg/g (ppt)
DIOXINS & FURANS (WHO TEQ)	USEPA 1613	NMT 2.0 pcg/g (ppt)	0.358 pcg/g (ppt)

United States Pharmacopeia

Microbial Analysis	Test Method	Limits	Assay Result*
PLATE COUNT	USP 31 (2021)	Negative in <1000 cfu/g	Negative
STAPHYLOCOCCUS AUREUS	USP 31 (2022)	Absent	Absent
ESCHERICHIA COLI	USP 31 (2022)	Absent	Absent
SALMONELLA	USP 31 (2022)	Absent	Absent
PSEUDOMONAS AERUGINOSA	USP 31 (2022)	Absent	Absent
YEAST & MOLD	USP 31 (2021)	Negative in <100 cfu/g	Negative

Potency

Fatty Acid Profile	Test Method	Label Claim (Vol. %)	Assay Result*
EICOSAPENTAENOIC ACID (EPA)	AOCS CE 1b-89 (modified)	9% (7.2-10.8%)	9.8%
DOCOSAHEXAENOIC ACID (DHA)	AOCS CE 1b-89 (modified)	14% (11.2-16.8%)	12.9%
TOTAL OMEGA-3	AOCS CE 1b-89 (modified)	28% (22.4-33.6%)	27.6%

*Third party test results by Nutrasource Diagnostics, Inc. and Covance, Inc.

Every batch of fish oil used in Nordic Naturals products is third-party tested to verify our leading purity and freshness levels. We offer transparent access to our Certificates of Analysis, which consistently prove that our oils deliver safe and effective products you can trust. Request a Certificate of Analysis, and compare.

THE PROOF IS IN THE THIRD-PARTY TEST RESULTS

EXCEPTIONAL FRESHNESS LEVELS

Freshness, which ensures product integrity and biological efficacy, may be the single most important quality of fish oils. The main indicator of freshness is peroxide value (PV). A second important marker of freshness is anisidine value (AV). As peroxides are further oxidized, they form other quantifiable compounds that become the anisidine value. Anisidine value is a measure of past oxidation, where peroxide is a measure of current oxidation. The lower these values, the fresher the fish oil. The measurement of the total oxidation of the oil is referred to as "TOTOX." The formula to calculate TOTOX value is $PV \times 2 + AV$.

Freshness is crucial for several reasons. It eliminates common complaints of fishy taste and burps. On the physiological level, fresh fish oil prevents free radical formation, which can oxidize LDL cholesterol and has been shown to have a negative effect on the human body.*

EXCEPTIONAL PURITY LEVELS

Nordic Naturals' meticulous quality control procedures begin in the ocean with our careful choice of fish species that are naturally low in toxins and high in omega-3 fats. Sourced from some of the cleanest waters in the world, our raw material is tested by independent laboratories for heavy metals and over 210 other environmental contaminants. Analysis is based on the toxicity equivalent testing methodology established by the World Health Organization.



THIRD-PARTY TESTING

FRESHNESS ANALYSIS—PEROXIDE, ANISIDINE, TOTOX

Product	Reference #	Peroxide	Anisidine	TOTOX
Arctic Cod Liver Oil	60513709	0.6 mEq/kg	5.1 mEq/kg	6.3 mEq/kg
Omega-3	090909	0.9 mEq/kg	10.2 mEq/kg	12.0 mEq/kg
Omega Woman	251733A	0.5 mEq/kg	11.8 mEq/kg	12.8 mEq/kg
Children's DHA	52416909	0.6 mEq/kg	5.1 mEq/kg	6.3 mEq/kg
DHA	251732A	0.5 mEq/kg	10.0 mEq/kg	11.0 mEq/kg
Complete Omega 3.6.9	54214909	0.6 mEq/kg	10.1 mEq/kg	11.3 mEq/kg
EPA	250000A	0.5 mEq/kg	5.0 mEq/kg	6.0 mEq/kg
Ultimate Omega	251730A	0.4 mEq/kg	4.0 mEq/kg	4.8 mEq/kg

Peroxide: CRN Limit: 5.0 mEq/kg • EPS Limit: 10.0 mEq/kg

Anisidine: CRN and EPS Limit: 20 mEq/kg

TOTOX: CRN and EPS Limit: 26 mEq/kg

PURITY ANALYSIS—HEAVY METALS

Product	Reference #	Mercury	Lead	Cadmium	Arsenic
Arctic Cod Liver Oil	60513709	<0.01 ppm	<0.01 ppm	<0.01 ppm	<0.1 ppm
Omega-3	090909	<0.01 ppm	<0.01 ppm	<0.01 ppm	<0.1 ppm
Omega Woman	251733A	<0.01 ppm	<0.01 ppm	<0.01 ppm	<0.1 ppm
Children's DHA	52416909	<0.01 ppm	<0.01 ppm	<0.01 ppm	<0.1 ppm
DHA	251732A	<0.01 ppm	<0.01 ppm	<0.01 ppm	<0.1 ppm
Complete Omega 3.6.9	54214909	<0.01 ppm	<0.01 ppm	<0.01 ppm	<0.1 ppm
EPA	250000A	<0.01 ppm	<0.01 ppm	<0.01 ppm	<0.1 ppm
Ultimate Omega	251730A	<0.01 ppm	<0.01 ppm	<0.01 ppm	<0.1 ppm

CRN and EPS Limit: 0.1 ppm

PURITY ANALYSIS—DIOXINS & PCBS

Product	Reference #	Dioxins & Furans	Dioxin-Like PCBs (Non- & Mono-Ortho)
Arctic Cod Liver Oil	60513709	<2.0 ppt	<1.0 ppt
Omega-3	090909	<2.0 ppt	<1.0 ppt
Omega Woman	251733A	<2.0 ppt	<1.0 ppt
Children's DHA	52416909	<2.0 ppt	<1.0 ppt
DHA	251732A	<2.0 ppt	<1.0 ppt
Complete Omega 3.6.9	54214909	<2.0 ppt	<1.0 ppt
EPA	250000A	<2.0 ppt	<1.0 ppt
Ultimate Omega	251730A	<2.0 ppt	<1.0 ppt

Dioxins & Furans: CRN and EPS Limit: 2.0 ppt

Dioxin-Like PCBs: CRN Limit: 3.0 ppt • EPS Limit: N.A.

BACKED BY CLINICAL RESEARCH

NORDIC NATURALS CHOSEN FOR CLINICAL STUDIES

Nordic Naturals' processing technology and product formulations are driven by the latest developments in clinical research. Without solicitation, leading research institutions such as Stanford, UCLA, Indiana University, and the National Institutes of Health (NIH) have chosen Nordic Naturals for clinical studies.

20 published studies. More than 40 in progress.



20 published studies are listed below. More than 40 in progress.

Organization	Investigation	Study Type	Subjects	Product Dose Duration	Publication / Status
VA New York Harbor Healthcare System Brooklyn, NY	fish oil and decreased anger in substance abusers	randomized double blind placebo-controlled	adults in drug treatment	EPA 5 soft gels/day 180 days	<i>Psychiatry Res</i> 2008 Jan 15;157(1-3):95-104
Duke University Medical Center, Psychiatry Durham, NC	fish oil and heart rate variability in anxiety	open label pilot trial	adults	Ultimate Omega® 6 soft gels/day 56 days	<i>Neuropsychopharmacology</i> 2005 Dec;30(1):S104
Pediatric Clinic Tucson, AZ	fish oil + GLA in developmental language and learning	open label clinical intervention pilot trial	children with autism/ asperger's syndrome	Complete Omega-3.6.9™ 1 soft gel/day 90 days	<i>Autism-Asperger's Digest</i> 2005 Jan/Feb:36-37
Texas A & M University College Station, TX	fish oil and glucose uptake with insulin present	dose finding in vitro	skeletal muscle cells	DHA, EPA, Ultimate Omega® N/A	<i>Diabetes</i> 2006 June;55(6):A382
HANDLE® Institute/ Rays of Hope Orphanage Mexico	fish oil and behavioral outcomes in challenged children	open label behavioral measures	orphaned children with functional challenges	Omega-3.6.9 Junior™ 1-2 soft gels/day 180 days	<i>Adoption Today</i> 2006 Dec/Jan:38-39
University of Pittsburgh Medical Center Pittsburgh, PA	fish oil and inflammation, reduction of NSAIDs use	open label retrospective non placebo-controlled	adults with non-surgical neck/back pain	EPA 2-4 soft gels/day 75 days	<i>Surgical Neurology</i> 2006 April;65(4):326-331
VA New York Harbor Healthcare System Brooklyn, NY	fish oil and anxiety measures	randomized double blind placebo-controlled	adult substance abusers	EPA 5 soft gels/day 180 days	<i>J CI Psychopharmacol</i> 2006 Dec;26(6):661-665
San Jose State University San Jose, CA	effects of fish oil on cholesterol subfractions (CAD risk predictors)	randomized double blind placebo-controlled comparative	adults with TGs over 200 mg/dl	EPA Xtra™, Omega-3 3 soft gels/day 28 days	<i>J of Am Dietetic Assoc</i> 2008 Sept;108;9:A104
UCLA Neurosurgery and Physiological Sciences Los Angeles, CA	DHA-enriched diet and exercise for cognitive and neurological enhancement	controlled trial	animal study	DHA N/A 12 days	<i>Neuroscience</i> 2008 Aug 26;155(3):751-759
University of Pittsburgh Medical Center Pittsburgh, PA	fish oil, lipid profiles, and cardiovascular risk	open label pilot trial	professional football players	Ultimate Omega® 4 soft gels/day 60 days	<i>Sports Health</i> 2009 Jan;1;1 21-30
UCLA / Neurosurgery and Physiological Sciences Los Angeles, CA	fish oil and exercise combination for adult brain synaptic improvement	controlled trial	animal study	DHA rat study 12 days	<i>Brain Research</i> 2009 May 13
The Institute of Health, Queensland University of Technology Australia	fish oil on inflammation and appetite in chronic kidney disease	double blind placebo-controlled	dialysis patients	EPA Xtra™ 4 soft gels/day 84 days	<i>Journal of Renal Nutrition</i> 2010 March 18:1-5
UCLA / Neurosurgery and Physiological Sciences Los Angeles, CA	fish oil and exercise combination for control of Allostasis in the brain	controlled trial	animal study	DHA rat study 14 days	<i>Neuroscience</i> 2010 Jun 16;168(1):130-7
Indiana University Dept. of Kinesiology Bloomington, IN	fish oil and Montelukast on asthma	randomized double blind placebo-controlled	asthmatic adults	Ultimate Omega® 10 soft gels/day 42 days	<i>PLoS ONE</i> 2010 Oct 18;5(10): e13487
Flinders University School of Medicine Adelaide, So. Australia	fish oil and malnutrition in elderly with hip fractures	randomized controlled trial clinical intervention	elderly (60+ yrs) hip fracture patients with malnutrition	EPA Xtra™ 9 soft gels/day 42 days	<i>Asia Pac J Clin Nutr</i> 2011;20 (2):175-179
University of Vermont College of Medicine Burlington, VT	effects of fish oil on acute lung injury/inflammation	randomized double blind placebo-controlled	inpatients with acute lung injury —hospitalized	Ultimate Omega® 7.5cc enterally q6hrs up to 14 days	<i>Crit Care Medicine</i> 2011 Jul;39(7):1655-62
UCLA Neurosurgery and Physiological Sciences Los Angeles, CA	DHA protection against reduced plasticity of brain and spinal cord with trauma	controlled trial	animal study	DHA N/A 12 days	<i>J Neurotrauma</i> 2011 Oct;28(10):2113-22
UCLA Neurosurgery and Physiological Sciences Los Angeles, CA	DHA for restructuring after brain trauma in developmentally-deficient subjects	controlled trial	animal study	DHA N/A 105 days	<i>PLoS ONE</i> 2011;6(12):e28451
The Cleveland Clinic Foundation Cleveland, OH	fish oil effects on c-reactive protein levels	randomized double blind placebo-controlled	adults	EPA 3 soft gels/day 56 days	<i>Clin Lipidol</i> 2011;6(6),723-729
California Clinical Trials Medical Group, Inc.	omega-3 to enhance antidepressant response in major depressive disorder	randomized placebo-controlled	depressed adults	EPA 4 soft gels/day 63 days	<i>J Clin Psychopharmacology</i> 2012;32(1):61-4



TRUSTED INDUSTRY LEADER

INDUSTRY RECOGNITION

Since its inception, Nordic Naturals has continually been recognized for industry-leading excellence.



Socially Responsible
Business Award 2008

LEARN MORE ► nordicnaturals.com

NSF CERTIFICATIONS

Nordic Naturals has always been on the cutting edge of product quality, efficacy, and purity. The NSF GMP Certification, and the NSF Certified for Sport certification, reflect this ongoing commitment to deliver reliable supplements that people can trust.



NSF Good Manufacturing Practices (GMP) Certification

GMPs (good manufacturing practices) are regulatory requirements that provide guidelines for necessary procedures and documentation to assure the product produced has the identity, strength, composition, quality, and purity it is represented to possess. Nordic Naturals has earned GMP certification from NSF International.

LEARN MORE ► [nsf.org](https://www.nsf.org)

NSF Certified for Sport Program

The NSF Certified for Sport Program, also known as the Athletic Banned Substances Certification Program, ensures that athletes have access to nutritional products that are free from banned substances or their metabolites. Nordic Naturals Ultimate Omega® Sport was the first fish oil worldwide to be included in this rigorous testing and certification program. The next generation, Ultimate Omega®-D3 Sport, continues the NSF Certified tradition.

LEARN MORE ► [nnprosports.com](https://www.nnprosports.com)

About NSF

NSF International, founded in 1944 as the National Sanitation Foundation, is known as The Public Health and Safety Company™. An independent, not-for-profit, non-governmental organization, NSF has established a reputation as a leader in the development of standards, product testing, and certification services in the areas of public health, safety, and protection of the environment.

THE FISH OIL THAT STARTED IT ALL

AUTHENTIC COD LIVER OIL FROM NORWAY

Nordic Naturals Arctic Cod Liver Oil™ (CLO) is made from 100% wild Arctic cod. No fish body oils or synthetic vitamins or additives are ever used.

Exceptional freshness and great taste

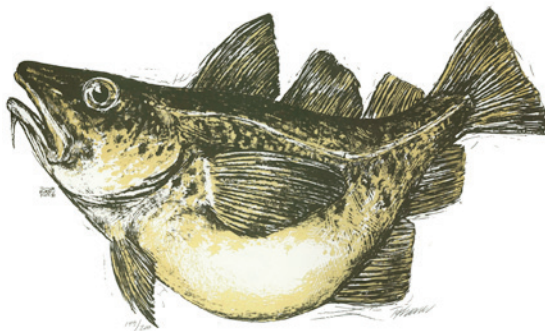
Nordic Naturals consistently tests its own and competitor products to assess freshness and purity. Based on laboratory results, Nordic Naturals registers exceptional overall freshness values among CLO products tested. The freshness of the oil is complemented by our all-natural fruit flavors, each of which was chosen only after rigorous taste tests, resulting in a smooth and balanced finished product.

Natural vitamins A and D from Arctic cod

Arctic cod has the highest level of natural vitamins A and D of any fish species. These vitamins fluctuate in level throughout the year, depending on environmental conditions such as temperature. Each batch of Nordic Naturals Arctic Cod Liver Oil is tested to ensure our label claims are accurate with regard to these fluctuating vitamins.

Highest DHA content of any CLO

Arctic cod (Skrei) has the highest DHA content of any cod species. Because we use only 100% wild Arctic cod, Nordic Naturals Arctic Cod Liver Oil delivers, on average, over 125 mg more DHA per serving than other cod liver oil products on the market.





NORDIC NATURALS GOLD STANDARD™ COD LIVER OIL

Raising the bar with vertical integration—from boat to bottle

The industry-leading quality of our Arctic Cod Liver Oil is made possible by our vertical integration. **What this means is that we have complete quality control over every step of production, from boat to bottle**—enabling us to deliver a finished product that surpasses strict international standards for purity and freshness while also maintaining a competitive price.

Raw Material & Exclusive relationships with independent fishermen

A great finished product starts with the best raw material: 100% wild Arctic cod (Skrei) sourced from the Norwegian Sea. We have built direct, exclusive relationships with smaller boats and independent fishermen, rather than larger trawling vessels that spend much longer at sea. These relationships allow us to maintain the highest-quality raw material as well as sustainable fishing practices.

Minimized transportation time

Since our processing facility is located right next to the harbor in Arctic Norway, transportation time is kept to an absolute minimum. Just a few short hours after being caught, the Arctic cod are delivered whole into our facility for immediate handling. Thanks to the short amount of time from catch to processing, as well as the processing method itself, we have been able to maximize the freshness of our fish oil.

Oxygen-free manufacturing and bottling

We use nitrogen to avoid exposure to oxygen at every stage of manufacturing—beginning immediately after catch. The importance of this cannot be overstated. Only by using nitrogen can fish oil be protected from the oxidative rancidity that leads to fishy smell and taste as well as to free radical formation in the body.

Vertically integrated from boat to bottle, Nordic Naturals delivers exceptionally fresh Arctic cod liver oil.

PASSION FOR INNOVATION

We harness a natural curiosity and passion to imagine better ways of doing business, from new product varieties and flavors to our distillation processes and distribution methods. We pioneer new ways to help people get the omega-3 oils they need while maintaining the highest standards of safety, efficacy, and sustainability.

ALGAE OMEGA™

Nature's original source of marine omega-3, with a unique combination of EPA and DHA

- 100% vegetarian
- One of very few algae oils with significant amounts of EPA
- Made from microalgae, the original source of marine omega-3
- Absolutely no unpleasant smell, taste, or aftertaste
- Supports normal vision, heart health, positive mood, immunity, and the body's natural anti-inflammatory response*
- Sustainably sourced

SEE PAGE 23

NORDIC GLA™

*100% vegetarian borage oil for natural anti-inflammatory support**

- 100% vegetarian
- 480 mg GLA per serving—highest level among leading brands
- Cold-pressed from borage seed
- Excellent tolerability
- Supports radiant skin, hormonal balance, respiratory health, and optimal body-fat metabolism*

SEE PAGE 37

100% Vegetarian



100% Vegetarian





DAILY PRENATAL DHA™

- 450 mg DHA per serving generously fulfills international RDI for DHA
- 400 I.U. vitamin D3 for bone and mood support*
- Doctor recommended
- One-month supply
- Unflavored soft gels are perfect for the sensitive palates of pregnant women
- Half the size of standard soft gels makes them easy to swallow
- Supports brain, eye, and nervous system function in developing babies*
- Offers mood support for moms throughout all stages of pregnancy*

SEE PAGE 35

DHA XTRA™

Formerly DHA 1000

SEE PAGE 32

ULTIMATE OMEGA® MINIS

Formerly Ultimate Omega 500

SEE PAGE 29

ULTIMATE OMEGA®-D3 SPORT

Formerly Ultimate Omega Sport

SEE PAGE 28

NORDIC OMEGA-3 GUMMIES™

Now available in 120 count

SEE PAGE 46





*Absorbed Faster
Than Soft Gels!*

OMEGA-3 EFFERVESCENT™

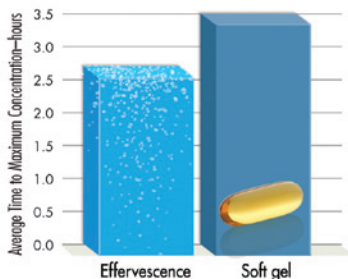
9.6-gram packet / 7 count—creamy orange (01900)

9.6-gram packet / 21 count—creamy orange (01910)

- Revolutionary omega-3 powder provides faster absorption of essential omega-3s than traditional soft gels*
- 500 mg EPA+DHA for heart, brain, joint, and bone support*
- Now in convenient stick packs

Omega-3 Effervescent is a revolutionary powder delivery form that provides all the amazing health benefits of omega-3s and vitamin D3, without any hint of fish.* Each creamy orange-flavored serving delivers quicker absorption and exceptional purity and freshness for fast, effective omega nutrition.*

Time To Absorption



A randomized study comparing the absorption of omega-3s (EPA+DHA) from both soft gels and an effervescent formula showed that the effervescent was absorbed 23% faster.³

Supplement Facts

Serving Size: 1 Packet			
Amount Per Serving	% DV ¹	% DV ^{2*}	
Calories	40		
Calories from fat	20		
Total Fat	3.0 g †	4%	
Saturated Fat	1.0 g †	3%	
Trans Fat	0 g †		
Cholesterol	5 mg †	2%	
Sodium	240 mg †	10%	
(as sodium bicarbonate, sodium carbonate)			
Total Carbohydrate	5.0 g †	2%	
Sugars	1.0 g †	2%	
Vitamin A	125–325 I.U.	5–13%	3–7%
Iron	1.0 mg †	6%	
Vitamin D3 (cholecalciferol)	1200 I.U.	300%	300%
Total Omega-3s	625 mg †		
EPA (Eicosapentaenoic Acid)	250 mg †		
DHA (Docosahexaenoic Acid)	250 mg †		

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

† Daily Value not established.

¹ Daily Value (DV) for children under 4 years of age.

² Daily Value (DV) for adults and children over 4 years of age.

Other Ingredients: cod liver oil, anhydrous dextrose (from non-GMO corn), malic acid, sodium bicarbonate, citric acid, natural flavors, stevia leaf extract, sodium carbonate, annatto powder, vitamin D3 (cholecalciferol).

No gluten, milk derivatives, or artificial colors or flavors.

3. Tramontano, Gerald. "Absorption of Omega-3 Fatty Acids in Healthy Subjects: Comparing Cod Liver Oil Capsule vs. an Effervescent Preparation." 2011.

1000 I.U. of added
natural vitamin D3



ARCTIC COD LIVER OIL™

liquid & soft gels

8 oz. glass bottle—*lemon* (58785), *orange* (54785),
peach (55785), *strawberry* (56783), *unflavored* (53785)
16 oz. glass bottle—*orange* (54787), *strawberry* (56782)

1000 mg soft gel
90 count—*lemon* (57785)
180 count—*lemon* (57885)

ARCTIC-D COD LIVER OIL™

8 oz. glass bottle—*lemon* (58783), *orange* (54783)
16 oz. glass bottle—*lemon* (58781)

- Made from 100% wild Arctic cod—no other fish oils or synthetic additives are ever used.
- Supports heart and brain health, and the body's natural anti-inflammatory response*

The fish oil that started it all, Arctic Cod Liver Oil (CLO) has always been derived from 100% wild Arctic cod (Skrei)—no other fish oils or synthetic additives are ever used. On average, Nordic Naturals CLO delivers over 125 mg more DHA per serving than other CLO products. The hallmark of achievement for Nordic Naturals is the uniqueness of the Arctic Cod Liver Oil, which is vertically integrated from boat to bottle. By managing every step of the supply chain, we ensure the exceptional quality, safety, and sustainability of our products.

Our patented, flavored Arctic Cod Liver Oil liquids are perfect for customers who don't like to swallow pills, and they're so tasty it's hard to believe they're from fish.

Supplement Facts

Serving Size: 3 Soft Gels		
Amount Per Serving		% Daily Value*
Calories	27	
Calories from fat	27	
Total Fat	3.0 g	5%
Saturated Fat	0.6 g	3%
Trans Fat	0 g	†
Cholesterol	7.5 mg	3%
Vitamin A	255-900 I.U.	5-18%
Vitamin D	1-12 I.U.	0.25-3%
Total Omega-3s	756 mg	†
EPA (Eicosapentaenoic Acid)	246 mg	†
DHA (Docosahexaenoic Acid)	375 mg	†
Other Omega-3s	135 mg	†
Oleic Acid (Omega-9)	360 mg	†

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

Ingredients: purified arctic cod liver oil, soft gel capsule (gelatin, water, glycerin, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts

Serving Size: 1 Teaspoon (5 mL)			
Amount Per Serving		% DV ¹	% DV ² *
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	†	8%
Saturated Fat	1.0 g	†	5%
Trans Fat	0 g	†	†
Cholesterol	14 mg	†	5%
Vitamin A	425-1500 I.U.	17-60%	9-30%
Vitamin D3 (cholecalciferol)	1000 I.U.	250%	250%
Total Omega-3s	1235 mg	†	†
EPA (Eicosapentaenoic Acid)	410 mg	†	†
DHA (Docosahexaenoic Acid)	600 mg	†	†
Other Omega-3s	225 mg	†	†
Oleic Acid (Omega-9)	600 mg	†	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
1 Daily Value (DV) for children under 4 years of age.
2 Daily Value (DV) for adults and children over 4 years of age.

Ingredients: purified arctic cod liver oil, natural orange flavor, d-alpha tocopherol, rosemary extract (a natural preservative), vitamin D3 (cholecalciferol in olive oil).
No gluten, milk derivatives, or artificial colors or flavors.



KENAI WILD ALASKAN SALMON OIL

liquid & soft gels

8 oz. glass bottle—citrus (01620)

1000 mg soft gel

90 count—citrus (01610)

- Contains the omega-3s EPA+DHA, plus the beneficial antioxidant astaxanthin
- Sustainably sourced 100% wild Alaskan salmon from the Kenai Peninsula
- Supports heart and brain health, and the body's natural anti-inflammatory response*

Some brands claim their products require no purification because they are naturally pure. However, heavy metals such as arsenic, cadmium, lead, and mercury pose problems in some wild salmon stocks. Our salmon oil starts with the highest-quality raw material available—sustainably sourced wild Alaskan salmon. Our gentle purification process then removes contaminants such as arsenic, PCBs, and mercury for a purer, fresher salmon oil—every batch is third-party tested to guarantee it. Surpasses all major international standards for quality, purity, and freshness.

Supplement Facts		
Serving Size: 1 Teaspoon (5 mL)		
Amount Per Serving		% Daily Value*
Calories	45	
Calories from fat	45	
Total Fat	5.0 g	8%
Saturated Fat	1.0 g	5%
Trans Fat	0 g	†
Omega-3s	1275 mg	†
EPA (Eicosapentaenoic Acid)	425 mg	†
DHA (Docosahexaenoic Acid)	525 mg	†
Other Omega-3s	325 mg	†
Omega-5s	1.5 mg	†
Omega-6s	125 mg	†
Omega-7s	195 mg	†
Omega-9s	635 mg	†
Astaxanthin	30 mcg	†

* 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 wild Alaskan salmon oil (from pink and sockeye salmon), natural citrus flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
 No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts		
Serving Size: 3 Soft Gels		
Amount Per Serving		% Daily Value*
Calories	27	
Calories from fat	27	
Total Fat	3.0 g	5%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	†
Omega-3s	765 mg	†
EPA (Eicosapentaenoic Acid)	255 mg	†
DHA (Docosahexaenoic Acid)	315 mg	†
Other Omega-3s	195 mg	†
Omega-5s	0.9 mg	†
Omega-6s	75 mg	†
Omega-7s	115 mg	†
Omega-9s	380 mg	†
Astaxanthin	18 mcg	†

* 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 wild Alaskan salmon oil (from pink and sockeye salmon), soft gel capsule (gelatin, glycerin, water, natural citrus flavor), natural citrus flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
 May have been manufactured on the same processing line as products containing soy derivatives.
 No gluten, milk derivatives, or artificial colors or flavors.



*Nature's original source
of marine omega-3, with
a unique combination
of EPA and DHA*

ALGAE OMEGA™

liquid & soft gels

2 oz. glass bottle—lemon (01626)

625 mg soft gel

60 count—lemon (01606)

- 100% vegetarian
- One of very few algae oils with significant amounts of EPA
- Made from microalgae, the original source of marine omega-3
- Absolutely no unpleasant smell, taste, or aftertaste
- Supports normal vision, heart health, positive mood, immunity, and the body's natural anti-inflammatory response*
- Sustainably sourced

Algae Omega is the ideal vegetarian omega-3 alternative to fish oil. Made from microalgae, it offers a plant-based source of beneficial marine omega-3 without the use of fish. While most algae oils are short on EPA, Algae Omega's unique combination of EPA and DHA is a pure, safe, and effective source of both of these essential fatty acids, to naturally support mood, vision, immunity, and overall health.*

Supplement Facts

Serving Size: 1.5 mL		
Amount Per Serving		% Daily Value*
Calories	10	
Calories from fat	10	
Total Fat	1.0 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Total Omega-3s	630 mg	†
EPA (Eicosapentaenoic Acid)	200 mg	†
DHA (Docosahexaenoic Acid)	350 mg	†
Other Omega-3s	80 mg	†
Oleic Acid (Omega-9)	300 mg	†

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

Ingredients: algal oil (marine algae oil, high-oleic sunflower oil, sunflower lecithin, natural mixed tocopherols, ascorbyl palmitate, rosemary extract), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts

Serving Size: 2 Soft Gels		
Amount Per Serving		% Daily Value*
Calories	10	
Calories from fat	10	
Total Fat	1.0 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	800 I.U.	200%
Total Omega-3s	570 mg	†
EPA (Eicosapentaenoic Acid)	180 mg	†
DHA (Docosahexaenoic Acid)	320 mg	†
Other Omega-3s	70 mg	†
Oleic Acid (Omega-9)	300 mg	†

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

Ingredients: algal oil (marine algae oil, high-oleic sunflower oil, sunflower lecithin, natural mixed tocopherols, ascorbyl palmitate, rosemary extract), soft gel capsule (modified cornstarch, carrageenan, glycerin, sorbitol, water), natural lemon flavor, d-alpha tocopherol, vitamin D3 (cholecalciferol in olive oil), rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors.



OMEGA-3

liquid & soft gels

8 oz. glass bottle—lemon (02763)

16 oz. glass bottle—lemon (02764)

1000 mg soft gel

60 count—lemon (01760)

120 count—lemon (02760)

180 count—lemon (03760)

60 count—lemon in fish gelatin (41760)

- The perfect maintenance formula, providing the expert-recommended daily minimum of EPA+DHA
- Supports heart and brain health, and the body's natural anti-inflammatory response*

A non-concentrated formula with all of its constituents present in a wholesome, natural balance, Omega-3 provides the daily international expert-recommended amount of EPA+DHA in each serving.

Did you know?

Experts agree adults need a minimum of 500 mg EPA+DHA daily.

Supplement Facts	
Serving Size: 1 Teaspoon (5 mL)	
Amount Per Serving	% Daily Value*
Calories	45
Calories from fat	45
Total Fat	5.0 g 8%
Saturated Fat	1.5 g 3%
Trans Fat	0 g †
Total Omega-3s	1725 mg †
EPA (Eicosapentaenoic Acid)	825 mg †
DHA (Docosahexaenoic Acid)	550 mg †
Other Omega-3s	350 mg †
Oleic Acid (Omega-9)	290 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), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts	
Serving Size: 2 Soft Gels	
Amount Per Serving	% Daily Value*
Calories	18
Calories from fat	18
Total Fat	2.0 g 3%
Saturated Fat	0.6 g 3%
Trans Fat	0 g †
Total Omega-3s	690 mg †
EPA (Eicosapentaenoic Acid)	330 mg †
DHA (Docosahexaenoic Acid)	220 mg †
Other Omega-3s	140 mg †
Oleic Acid (Omega-9)	116 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), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

OMEGA-3 in fish gelatin

Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (fish gelatin from tilapia, glycerin, water, natural lemon flavor), d-alpha tocopherol, natural lemon flavor, rosemary extract (a natural preservative).



OMEGA-3D™ liquid & soft gels

8 oz. glass bottle—lemon (02765)

1000 mg soft gel

60 count—lemon (01761)

120 count—lemon (02761)

- The perfect maintenance formula, providing the expert-recommended daily minimum of EPA+DHA
- Added natural vitamin D3 for further bone, mood, and immune support*

The same tasty, natural-ratio omega formula as our Omega-3, but with added natural vitamin D.

Supplement Facts

Serving Size: 1 Teaspoon (5 mL)

Amount Per Serving		% Daily Value*
Calories	45	
Calories from fat	45	
Total Fat	5.0 g	8%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	1000 I.U.	250%
Total Omega-3s	1725 mg	†
EPA (Eicosapentaenoic Acid)	825 mg	†
DHA (Docosahexaenoic Acid)	550 mg	†
Other Omega-3s	350 mg	†
Oleic Acid (Omega-9)	290 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), natural lemon flavor, d-alpha tocopherol, vitamin D3 (cholecalciferol in olive oil), rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts

Serving Size: 2 Soft Gels

Amount Per Serving		% Daily Value*
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.6 g	3%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	1000 I.U.	250%
Total Omega-3s	690 mg	†
EPA (Eicosapentaenoic Acid)	330 mg	†
DHA (Docosahexaenoic Acid)	220 mg	†
Other Omega-3s	140 mg	†
Oleic Acid (Omega-9)	116 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), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, vitamin D3 (cholecalciferol in olive oil), rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.



Available in fish gelatin!

ULTIMATE OMEGA®

liquid & soft gels

4 oz. glass bottle—lemon (01793)

8 oz. glass bottle—lemon (02793)

1000 mg soft gel

60 count—lemon (01790)

120 count—lemon (02790)

180 count—lemon (03790)

60 count—lemon in fish gelatin (01797)

- Double-strength EPA+DHA for increased omega-3 benefits in fewer soft gels
- Clinically shown to support heart health and the body's natural anti-inflammatory response*

Our most popular concentrate, Ultimate Omega offers therapeutic support for both body and mind. Without solicitation, doctors and researchers worldwide consistently choose and recommend this powerful formula. Concentrated Ultimate Omega delivers more omega-3s per serving than most other omega-3 products. This means you get more health benefits in a smaller serving.



Supplement Facts

Serving Size: 1 Teaspoon (5 mL)		
Amount Per Serving		% Daily Value*
Calories	45	
Calories from fat	45	
Total Fat	5.0 g	8%
Saturated Fat	0.2 g	1%
Trans Fat	0 g	†
Total Omega-3s	3202 mg	†
EPA (Eicosapentaenoic Acid)	1626 mg	†
DHA (Docosahexaenoic Acid)	1126 mg	†
Other Omega-3s	450 mg	†
Oleic Acid (Omega-9)	140 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), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts

Serving Size: 2 Soft Gels		
Amount Per Serving		% Daily Value*
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.1 g	1%
Trans Fat	0 g	†
Total Omega-3s	1280 mg	†
EPA (Eicosapentaenoic Acid)	650 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	180 mg	†
Oleic Acid (Omega-9)	56 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), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

ULTIMATE OMEGA in fish gelatin

Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (fish gelatin from tilapia, glycerin, water, natural lemon flavor), d-alpha tocopherol, natural lemon flavor, rosemary extract (a natural preservative).

#1 FISH OIL IN THE UNITED STATES*

Nordic Naturals is the industry leader in fish oil supplementation, setting standards of excellence in the areas of purity, freshness, taste, and sustainability. With a reputation for efficacy and potency, Nordic Naturals fish oils and EFA blends are consistently chosen without solicitation by independent research institutions and universities, with 20 published studies, including 14 clinical studies, and more than 40 in progress.

ULTIMATE OMEGA®

#1 selling fish oil supplement in the US.*

Featured in 5 published human clinical trials, with 12 currently underway.



BACKED BY RESEARCH

More original research than any other brand

40+ Studies
in Progress

20 Studies
Published

Including
14 Clinical Studies

2 Clinical Studies

Other Brand
CO₂ Extracted
Ethyl Ester
Form

2 Clinical Studies

Other Brand
Unpurified
Salmon Oil
Triglyceride Form

Nordic Naturals
Molecularly Distilled
Triglyceride Form

1000 I.U. of added natural vitamin D3

New Formulation!



LEARN MORE ▶

nprosports.com

ULTIMATE OMEGA[®]-D3

1000 mg soft gel

60 count—*lemon* (01794)

120 count—*lemon* (02794)

- Double-strength EPA+DHA for increased omega-3 benefits in fewer soft gels
- Added natural vitamin D3 for further bone, mood, and immune support*

Ultimate Omega-D3 provides exceptionally high levels of the omega-3 essential fatty acids EPA and DHA, in addition to 1000 I.U. of natural vitamin D3, in one delicious serving. With more omegas in fewer soft gels, it's great for high-intensity support for the heart, brain, bones, and the body's natural anti-inflammatory response.*

ULTIMATE OMEGA[®]-D3 SPORT

1000 mg soft gel

60 count—*lemon* (01808)

- High-intensity support for the heart, brain, and the body's natural anti-inflammatory response—optimizing fitness performance*
- Supports fat metabolism and body composition*

Ultimate Omega-D3 Sport is Certified for Sport by the NSF. Also known as the Athletic Banned Substances Certification Program, this program ensures that athletes can enjoy certified products without consuming banned or prohibited substances, or their metabolites.

Supplement Facts	
Serving Size: 2 Soft Gels	
Amount Per Serving	% Daily Value*
Calories	20
Calories from fat	18
Total Fat	2.0 g 3%
Saturated Fat	0.1 g 1%
Trans Fat	0 g †
Vitamin D3 (cholecalciferol)	1000 I.U. 250%
Total Omega-3s	1280 mg †
EPA (Eicosapentaenoic Acid)	650 mg †
DHA (Docosahexaenoic Acid)	450 mg †
Other Omega-3s	180 mg †
Oleic Acid (Omega-9)	56 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), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, vitamin D3 (cholecalciferol in olive oil), rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts	
Serving Size: 2 Soft Gels	
Amount Per Serving	% Daily Value*
Calories	18
Calories from fat	18
Total Fat	2.0 g 3%
Saturated Fat	0.1 g 1%
Trans Fat	0 g †
Vitamin D3 (cholecalciferol)	1000 I.U. 250%
Total Omega-3s	1400 mg †
EPA (Eicosapentaenoic Acid)	800 mg †
DHA (Docosahexaenoic Acid)	400 mg †
Other Omega-3s	200 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), soft gel capsule (gelatin, glycerin, water, natural lemon flavor), natural lemon flavor, vitamin E (d-alpha tocopherol), vitamin D3 (cholecalciferol in olive oil), rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

New Name! Formerly
Ultimate Omega 500



ULTIMATE OMEGA[®] MINIS

500 mg soft gel
90 count—strawberry (06100)

- The same great double-strength EPA+DHA formula as Ultimate Omega in a smaller soft gel
- Easy to swallow
- Great strawberry taste!

For people wanting the same powerful concentration of omega-3s in an easier-to-swallow or chewable soft gel, Ultimate Omega Minis offers the same high-intensity support for the heart, brain, and the body's natural anti-inflammatory response, in a half-size 500 mg soft gel.*

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving	% Daily Value*	
Calories	9	
Calories from fat	9	
Total Fat	1.0 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Total Omega-3s	640 mg	†
EPA (Eicosapentaenoic Acid)	325 mg	†
DHA (Docosahexaenoic Acid)	225 mg	†
Other Omega-3s	90 mg	†
Oleic Acid (Omega-9)	28 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), soft gel capsule (gelatin, water, glycerin, natural strawberry flavor), d-alpha tocopherol, natural strawberry flavor, rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

*Did you know?
In fish, EPA+DHA naturally occur in Triglyceride form.*



ULTIMATE OMEGA[®] XTRA

liquid & soft gels

4 oz. glass bottle—*lemon* (01805)

8 oz. glass bottle—*lemon* (01806)

1000 mg soft gel

60 count—*lemon* (01799)

- 2:1 EPA to DHA
- 23% more EPA per serving than Ultimate Omega
- 1000 I.U. natural vitamin D3 (cholecalciferol)
- Synergistic blend for the highest heart, brain, and bone support*

Ultimate Omega Xtra combines an enhanced concentration of omega-3s with the naturally occurring form of vitamin D3, to satisfy the most demanding essential fatty acid nutritional needs. Just one serving, in lemon-flavored soft gels or liquid, delivers the highest support for strong bones, a healthy heart and brain, and the body's natural anti-inflammatory response.*

Supplement Facts		
Serving Size: 1 Teaspoon (5 mL)		
Amount Per Serving	% Daily Value*	
Calories	45	
Calories from fat	45	
Total Fat	5.0 g	8%
Saturated Fat	0.2 g	1%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	1000 I.U.	250%
Total Omega-3s	3500 mg	†
EPA (Eicosapentaenoic Acid)	2000 mg	†
DHA (Docosahexaenoic Acid)	1000 mg	†
Other Omega-3s	500 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), natural lemon flavor, vitamin D3 (cholecalciferol in olive oil), d-alpha tocopherol, rosemary extract (a natural preservative).
No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving	% Daily Value*	
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.1 g	1%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	1000 I.U.	250%
Total Omega-3s	1400 mg	†
EPA (Eicosapentaenoic Acid)	800 mg	†
DHA (Docosahexaenoic Acid)	400 mg	†
Other Omega-3s	200 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), soft gel capsule (gelatin, glycerin, water, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, vitamin D3 (cholecalciferol in olive oil), rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.



EPA

1000 mg soft gel
60 count—lemon (01750)
120 count—lemon (02750)

- Promotes a healthy heart and the body's natural anti-inflammatory response*
- Clinically shown to support a healthy mood*

This formula contains the concentrated omega-3 essential fatty acid EPA. EPA is the component of fish oil that helps maintain a healthy heart and circulatory system, support enhanced gastrointestinal health and joint flexibility, and encourage proper immune function.*

EPA XTRA™

1000 mg soft gel
60 count—lemon (01751)

- Powerful omega-3 concentrate—4:1 EPA to DHA ratio
- Highest-intensity support for the heart and the body's natural anti-inflammatory response*

One of our most concentrated formulas, EPA Xtra contains ultra-high levels of EPA for those needing intensive nutritional support of this essential fat. Research shows that EPA promotes cardiovascular health, joint mobility, proper immune function, and gastrointestinal health, and supports the body's natural anti-inflammatory response.*

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving	% Daily Value*	
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.2 g	1%
Trans Fat	0 g	†
Total Omega-3s	1230 mg	†
EPA (Eicosapentaenoic Acid)	850 mg	†
DHA (Docosahexaenoic Acid)	200 mg	†
Other Omega-3s	180 mg	†
Oleic Acid (Omega-9)	142 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), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving	% Daily Value*	
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.2 g	1%
Trans Fat	0 g	†
Total Omega-3s	1536 mg	†
EPA (Eicosapentaenoic Acid)	1060 mg	†
DHA (Docosahexaenoic Acid)	274 mg	†
Other Omega-3s	202 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), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

New Name!
Formerly DHA 1000



DHA™

500 mg soft gel

90 count—*strawberry* (01743)

180 count—*strawberry* (03743)

- Increased DHA benefits in smaller (500 mg), easy-to-swallow soft gels
- High-intensity support for brain and nervous system health*

DHA is an essential nutrient for maintaining cellular fluidity, and supports memory, cognition, and emotional well-being.* In fact, 20% of the fats that comprise our brains are DHA. This concentrated strawberry-flavored formula is perfect for children, teenagers, pregnant women, or anyone needing high-intensity brain and mood support.

DHA XTRA™

1000 mg soft gel

60 count—*strawberry* (01745)

- Our same concentrated DHA formula in larger soft gels, for twice the DHA
- Highest-intensity support for brain and nervous system health*
- Made exclusively from sardines and anchovies, unlike most other brands that use tuna

DHA XTRA is the same concentrated DHA formula in a larger 1000 mg soft gel, perfect for anyone needing the highest-intensity brain and mood support. DHA is an essential nutrient for maintaining cellular fluidity, and supports memory, cognition, and emotional well-being.*



Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving		% Daily Value*
Calories	9	
Calories from fat	9	
Total Fat	1.0 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Total Omega-3s	580 mg	†
EPA (Eicosapentaenoic Acid)	90 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	40 mg	†
Oleic Acid (Omega-9)	24 mg	†

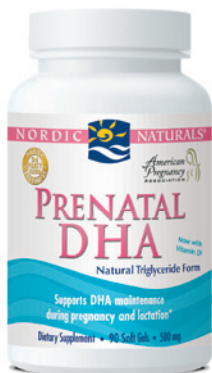
* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural strawberry flavor), natural strawberry flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving		% Daily Value*
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Total Omega-3s	1160 mg	†
EPA (Eicosapentaenoic Acid)	180 mg	†
DHA (Docosahexaenoic Acid)	900 mg	†
Other Omega-3s	80 mg	†
Oleic Acid (Omega-9)	48 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), soft gel capsule (gelatin, water, glycerin, natural strawberry flavor), natural strawberry flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.



LEARN MORE:

AmericanPregnancy.org

PRENATAL DHA

500 mg soft gel

90 count—unflavored (01741)

180 count—unflavored (01748)

- Smaller soft gels are easier to swallow (500 mg)
- Supports brain and visual function in developing babies*
- Provides mood and nerve support for mothers*
- Unflavored, for the sensitive palates of pregnant women

As the official omega-3 of the American Pregnancy Association, Prenatal DHA is the ideal supplement before, during, and after pregnancy, providing safe and effective omega-3 nutrition for both moms and babies. With 450 mg DHA per serving, Prenatal DHA generously fulfills international recommendations for daily DHA intake. Plus, we've added 400 I.U. of natural vitamin D3 (cholecalciferol), for strong bones and mood support.*

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving	% Daily Value*	
Calories	9	
Calories from fat	9	
Total Fat	1.0 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	400 I.U.	100%
Total Omega-3s	580 mg	†
EPA (Eicosapentaenoic Acid)	90 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	40 mg	†
Oleic Acid (Omega-9)	24 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), soft gel capsule (gelatin, water, glycerin), d-alpha tocopherol, vitamin D3 (cholecalciferol in olive oil), rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

Did you know?

Research shows that mothers who supplement their diet with DHA are more likely to give birth to full-term babies with healthier birth weights.⁴

4. Allen KG, et al. *Exp Biol Med* 2001;226(6):498–506. Olafsdottir AS, et al. *BJOG* 2005 Apr;111:424–429.



DAILY OMEGA™ WITH VITAMIN D3

1000 mg soft gel
30 count—*lemon* (01815)

- Just one soft gel daily
- Provides all the omega-3s and vitamin D3 you need to support heart health *

Concentrated Daily Omega is a great way to maintain healthy levels of omega-3s. Plus, we've added vitamin D3 (cholecalciferol), the natural form of vitamin D produced by the body, which is better absorbed and utilized than other forms.

DAILY OMEGA KIDS™

500 mg soft gel
30 count—*strawberry* (01817)

- Just one soft gel daily
- Provides all the omega-3s needed to support brain and visual function in ages 3+*

Daily Omega Kids is a concentrated natural strawberry-flavored formula for children three years and up. Easily swallowed or chewed, these tasty soft gels make it easy to ensure that your child gets the expert-recommended daily amount of omega-3s EPA+DHA needed for optimal health—even for those with the pickiest palates.

Supplement Facts	
Serving Size: 1 Soft Gel	
Amount Per Serving	% Daily Value*
Calories	10
Calories from fat	9
Total Fat	1.0 g 2%
Saturated Fat	0 g 0%
Trans Fat	0 g †
Vitamin D3 (cholecalciferol)	500 I.U. 125%
Total Omega-3s	640 mg †
EPA (Eicosapentaenoic Acid)	325 mg †
DHA (Docosahexaenoic Acid)	225 mg †
Other Omega-3s	90 mg †
Oleic Acid (Omega-9)	28 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), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), natural lemon flavor, α -alpha tocopherol, vitamin D3 (cholecalciferol in olive oil), rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts	
Serving Size: 1 Soft Gel	
Amount Per Serving	% Daily Value*
Calories	4.5
Calories from fat	4.5
Total Fat	0.5 g 1%
Saturated Fat	0 g 0%
Trans Fat	0 g †
Total Omega-3s	320 mg †
EPA (Eicosapentaenoic Acid)	163 mg †
DHA (Docosahexaenoic Acid)	112 mg †
Other Omega-3s	45 mg †
Oleic Acid (Omega-9)	14 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), soft gel capsule (gelatin, water, glycerin, natural strawberry flavor), α -alpha tocopherol, natural strawberry flavor, rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.



LEARN MORE:
AmericanPregnancy.org

DAILY DHA™

1000 mg soft gel
 30 count—*strawberry (01816)*

- Just one soft gel daily
- Provides all the DHA you need to support mood and brain health*

Daily DHA is a high-potency formula perfect for children, teenagers, and pregnant women. The omega-3 DHA is essential for maintaining cellular fluidity, and supports brain health, normal vision throughout life, and emotional well being.*

DAILY PRENATAL DHA™

500 mg soft gel
 60 count—*unflavored (01825)*

- Smaller soft gels are easier to swallow (500 mg)
- Supports brain and visual function in developing babies*
- Provides mood and nerve support for mothers*
- Unflavored, for the sensitive palates of pregnant women

As the official omega-3 of the American Pregnancy Association, Daily Prenatal DHA is the ideal supplement before, during, and after pregnancy, providing safe and effective omega-3 nutrition for both moms and babies. With 450 mg DHA per serving, Daily Prenatal DHA generously fulfills international recommendations for daily DHA intake. Plus, we've added 400 I.U. of natural vitamin D3 (cholecalciferol), for strong bones and mood support.*

Supplement Facts		
Serving Size: 1 Soft Gel		
Amount Per Serving		% Daily Value*
Calories	9	
Calories from fat 9		
Total Fat	1.0 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Total Omega-3s	580 mg	†
EPA (Eicosapentaenoic Acid)	90 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	40 mg	†
Oleic Acid (Omega-9)	24 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), soft gel capsule (gelatin, water, glycerin, natural strawberry flavor), natural strawberry flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
 May have been manufactured on the same processing line as products containing soy derivatives.
 No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving		% Daily Value*
Calories	9	
Calories from fat 9		
Total Fat	1.0 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	400 I.U.	100%
Total Omega-3s	580 mg	†
EPA (Eicosapentaenoic Acid)	90 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	40 mg	†
Oleic Acid (Omega-9)	24 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), soft gel capsule (gelatin, water, glycerin), d-alpha tocopherol, vitamin D3 (cholecalciferol in olive oil), rosemary extract (a natural preservative).
 May have been manufactured on the same processing line as products containing soy derivatives.
 No gluten, milk derivatives, or artificial colors or flavors.



COMPLETE OMEGA-3.6.9™

liquid & soft gels

8 oz. glass bottle—lemon (02773)

16 oz. glass bottle—lemon (02774)

1000 mg soft gel

60 count—lemon (01770)

120 count—lemon (02770)

180 count—lemon (03770)

COMPLETE OMEGA-3.6.9-D™

60 count—lemon (01778)

120 count—lemon (02778)

- The perfect balanced combination—
a healthy balance of omega-3, 6, and 9
- Supports heart and brain health, the body's natural anti-inflammatory response, balanced hormones, and healthy skin*

Complete Omega-3.6.9 is a non-concentrated formula that blends EPA and DHA with omega-6 GLA from borage oil, and omega-9 oleic acid. This omega-rich blend offers comprehensive omega-3 support for a healthy heart, normal brain function, and a positive mood, plus omega-6 GLA support for healthy joints and skin, along with omega-9 for healthy hair and nails.*



Supplement Facts		
Serving Size: 1 Teaspoon (5 mL)		
Amount Per Serving		% Daily Value*
Calories	45	
Calories from fat	45	
Total Fat	5.0 g	8%
Saturated Fat	1.0 g	5%
Trans Fat	0 g	†
Omega-3s	1412 mg	†
EPA (Eicosapentaenoic Acid)	675 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	287 mg	†
Omega-6s	560 mg	†
GLA (Gamma-Linolenic Acid)	165 mg	†
Omega-9s	610 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 oil, natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving		% Daily Value*
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.4 g	2%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	1000 I.U.	250%
Omega-3s	565 mg	†
EPA (Eicosapentaenoic Acid)	270 mg	†
DHA (Docosahexaenoic Acid)	180 mg	†
Other Omega-3s	115 mg	†
Omega-6s	224 mg	†
GLA (Gamma-Linolenic Acid)	66 mg	†
Omega-9s	244 mg	†
OA (Oleic Acid)	160 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), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), borage oil, natural lemon flavor, d-alpha tocopherol, vitamin D3 (cholecalciferol in olive oil), rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

Made from
New Zealand-
grown borage



NORDIC GLA™

4 oz. glass bottle—*unflavored (01665)*

- 100% vegetarian borage oil from New Zealand-grown borage seed
- Excellent tolerability
- Supports radiant skin, hormonal balance, respiratory health, and optimal body-fat metabolism*

Nordic GLA is a vegetarian omega oil made exclusively from non-GMO New Zealand-grown borage seed. Formulated from a unique omega-6, Gamma-Linolenic Acid, it offers natural, effective anti-inflammatory support on its own, or in combination with Nordic Naturals fish or algae oil omega-3 products.*

OMEGA WOMAN®

500 mg soft gel

120 count—*lemon (01780)*

- An ideal companion to any Nordic Naturals fish or algae oil product
- Supports balanced hormone levels, positive mood, and radiant skin and hair*

Created specifically to address the unique needs of women, Omega Woman blends GLA from evening primrose oil with a touch of EPA and DHA for essential fatty acid balance. Research shows that the benefits of GLA increase when taken with EPA and DHA.

Supplement Facts		
Serving Size: ½ Teaspoon (2.5 mL)		
Amount Per Serving		% Daily Value*
Calories	20	
Calories from fat	20	
Total Fat	2.5 g	4%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Borage Oil	2300 mg	†
GLA (Gamma-Linolenic Acid)	480 mg	†
LA (Linoleic Acid)	735 mg	†
Oleic Acid (Omega-9)	315 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: borage oil (*Borago officinalis*), d-alpha tocopherol, rosemary extract (a natural preservative).
No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving		% Daily Value*
Calories	9	
Calories from fat	9	
Total Fat	1.0 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Total Omega-3s	62 mg	†
EPA (Eicosapentaenoic Acid)	33 mg	†
DHA (Docosahexaenoic Acid)	22 mg	†
Other Omega-3s	7 mg	†
Evening Primrose Oil	800 mg	†
Gamma-Linolenic Acid (Omega-6)	76 mg	†
Oleic Acid (Omega-9)	50 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: evening primrose oil, purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.



OMEGA BLOOD SUGAR™

Purified Fish Oil + Alpha-Lipoic Acid and Chromium

1000 mg soft gel

60 count—*unflavored (01870)*

- Maintains glucose homeostasis and insulin function in healthy individuals*
- Supports fat metabolism*

Omega Blood Sugar combines three nutrients that play important roles in maintaining insulin action and glucose balance in one targeted formula. Purified fish oil, which provides highly concentrated EPA and DHA, works in synergy with Chromium and Alpha-Lipoic Acid to support healthy blood sugar levels.*

OMEGA JOINT XTRA™

Purified Fish Oil + Glucosamine Sulfate and Undenatured Type II Collagen

1000 mg soft gel

90 count—*unflavored (01881)*

- Omega-3s plus shellfish-free glucosamine sulfate and undenatured type II collagen
- Promotes joint mobility, flexibility, and comfort*
- Supports the repair of cartilage and the rebuilding of healthy joints*

Omega Joint Xtra combines double-strength EPA+DHA fish oil, glucosamine sulfate, and UC-II collagen, the primary form of collagen found in joint cartilage, to support the rebuilding of healthy connective tissue and cartilage. Our UC-II is exclusively in its un-denatured form to ensure efficacy. Together, these targeted nutrients deliver high-intensity support for joint health and function in one convenient formula.*

Supplement Facts	
Serving Size: 2 Soft Gels	
Amount Per Serving	% Daily Value*
Calories	14
Calories from fat	12
Total Fat	1.4 g 2%
Saturated Fat	0 g 0%
Trans Fat	0 g †
Chromium (chelate)	200 µg 167%
Alpha-Lipoic Acid	300 mg †
Total Omega-3s	896 mg †
EPA (Eicosapentaenoic Acid)	455 mg †
DHA (Docosahexaenoic Acid)	315 mg †
Other Omega-3s	126 mg †
Oleic Acid (Omega-9)	39 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), soft gel capsule (gelatin, glycerin, purified water, caramel color, natural lemon flavor), alpha-lipoic acid, beeswax, d-alpha tocopherol, chromium, rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
 No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts	
Serving Size: 3 Soft Gels	
Amount Per Serving	% Daily Value*
Calories	25
Calories from fat	20
Total Fat	2.0 g 3%
Saturated Fat	0 g 0%
Trans Fat	0 g †
Total Carbohydrate	2.0 g 0%
Glucosamine Sulfate	1500 mg †
UC-II® Natural Collagen Concentrate	40 mg †
Undenatured Type II Collagen	10 mg †
Total Omega-3s	1065 mg †
EPA (Eicosapentaenoic Acid)	540 mg †
DHA (Docosahexaenoic Acid)	360 mg †
Other Omega-3s	165 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), soft gel capsule (gelatin, glycerin, purified water, caramel color, natural lemon flavor), glucosamine sulfate (from non-GMO, organic corn), beeswax, vitamin E (d-alpha tocopherol), UC-II® natural collagen concentrate, rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
 No gluten, milk derivatives, or artificial colors or flavors.



OMEGA LDL™

Purified Fish Oil + Red Yeast Rice and CoQ10

1000 mg soft gel
60 count—unflavored (01860)

- Supports normal cholesterol and triglyceride levels in healthy individuals*
- Maintains overall cardiovascular function*

Omega LDL is a breakthrough in nutritional support for total cardiovascular health.* EPA and DHA work in synergy with the powerful lipid metabolizing action of red yeast rice (a natural red-pigmented yeast grown on rice) and CoQ10 to promote the metabolism of dietary fat and cholesterol, support healthy blood vessel function, and provide antioxidant protection from damaging free radicals.*

OMEGA PROBIOTIC™

Purified Fish Oil + Live Probiotic Spores

1000 mg soft gel
60 count—unflavored (01920)

- Provides over 2 billion shelf-stable and viable probiotic spores per serving
- Supports digestive and gastrointestinal health*
- No refrigeration required

Omega Probiotic combines important but often absent nutrients in the modern diet. Concentrated omega-3s EPA and DHA work with a unique spore-form probiotic to deliver the health benefits of omega-3s, while promoting an optimal balance of bacteria in the digestive tract.*

Supplement Facts		
Serving Size: 3 Soft Gels		
Amount Per Serving	% Daily Value*	
Calories	15	
Calories from fat	15	
Total Fat	1.8 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Red Yeast Rice Powder	1200 mg	†
Coenzyme Q10	30 mg	†
Total Omega-3s	1152 mg	†
EPA (Eicosapentaenoic Acid)	585 mg	†
DHA (Docosahexaenoic Acid)	405 mg	†
Other Omega-3s	162 mg	†
Oleic Acid (Omega-9)	51 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), soft gel capsule (gelatin, glycerin, purified water, caramel color, natural lemon flavor), red yeast rice powder, beeswax, coenzyme Q10, d-alpha tocopherol, soy lecithin, rosemary extract (a natural preservative).
Contains soy.
No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts		
Serving Size: 2 Soft Gels		
Amount Per Serving	% Daily Value*	
Calories	25	
Calories from fat	20	
Total Fat	2.0 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Total Carbohydrate	2.0 g	†
<i>Bacillus coagulans</i>	140 mg	†
Providing 2 billion viable cells		
Total Omega-3s	1150 mg	†
EPA (Eicosapentaenoic Acid)	585 mg	†
DHA (Docosahexaenoic Acid)	405 mg	†
Other Omega-3s	160 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), soft gel capsule (gelatin, glycerin, purified water, caramel color, natural lemon flavor), bacillus coagulans, beeswax, vitamin E (d-alpha tocopherol), rosemary extract (a natural preservative).
Lactose free. May contain trace amounts of casein (milk protein). May have been manufactured on the same processing line as products containing soy derivatives. No gluten or artificial colors or flavors.

Now with
more CoQ10!



OMEGA VISION™

Purified Fish Oil + Zeaxanthin and FloraGLO® Lutein

1000 mg soft gel

60 count—unflavored (01840)

- Over 1000 mg omega-3s, 20 mg lutein, and 4 mg zeaxanthin in every serving
- Promotes healthy eye moisture and tear production*
- With FloraGLO®, the most clinically researched brand of lutein, to protect eyes from damaging blue light from the sun*

Omega Vision, with FloraGLO® Lutein, is specifically formulated to protect eyes and support healthy vision by combining concentrated omega-3s with natural carotenoids lutein and zeaxanthin.* The omega-3 DHA is more concentrated in eye tissue than in any other part of the body. This unique blend supports the body's natural anti-inflammatory pathways, and helps alleviate many common symptoms of eye discomfort such as dryness, pain, and redness, while also protecting against damaging ultraviolet blue light.*

ULTIMATE OMEGA® +COQ10

Purified Fish Oil + CoQ10

1000 mg soft gel

60 count—unflavored (01890)

- Double-strength EPA+DHA for increased omega-3 benefits in fewer soft gels*
- Added CoQ10 helps supply the heart with the energy (ATP) it requires*

Ultimate Omega +CoQ10 provides the same powerful EPA+DHA formula as our Ultimate Omega, with the added heart health benefits of CoQ10. CoQ10 levels have been shown to decrease with age and in people with heart disease or those taking statins.* This formula helps prevent this decrease, supports the heart's overall energy needs, and protects heart tissue from oxidative stress and damage.*

Supplement Facts

Serving Size: 2 Soft Gels		
Amount Per Serving		% Daily Value*
Calories	20	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.09 g	0.5%
Trans Fat	0 g	†
FloraGLO® Lutein	20 mg	†
Zeaxanthin	4 mg	†
Total Omega-3s	1015 mg	†
EPA (Eicosapentaenoic Acid)	158 mg	†
DHA (Docosahexaenoic Acid)	788 mg	†
Other Omega-3s	69 mg	†
Oleic Acid (Omega-9)	42 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), soft gel capsule (gelatin, glycerin, purified water, caramel color, natural lemon flavor), FloraGLO® lutein (in safflower oil), beeswax, d-alpha tocopherol, zeaxanthin (in corn oil), rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

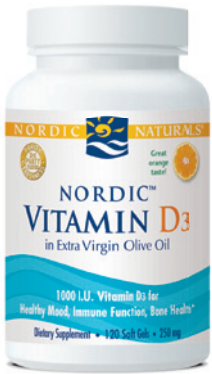
Supplement Facts

Serving Size: 2 Soft Gels		
Amount Per Serving		% Daily Value*
Calories	20	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.1 g	1%
Trans Fat	0 g	†
Coenzyme Q10	100 mg	†
Total Omega-3s	1280 mg	†
EPA (Eicosapentaenoic Acid)	650 mg	†
DHA (Docosahexaenoic Acid)	450 mg	†
Other Omega-3s	180 mg	†
Oleic Acid (Omega-9)	56 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), soft gel capsule (gelatin, glycerin, purified water, caramel color, natural lemon flavor), beeswax, coenzyme Q10, d-alpha tocopherol, rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.



NORDIC VITAMIN D3™

250 mg soft gel
120 count—lemon (01600)

- In a carrier oil of extra virgin olive oil
- Supports bone, mood, and immune health*

In response to concerns in medical and scientific literature about the prevalence of vitamin D deficiency, Nordic Vitamin D3 delivers 1000 I.U. natural vitamin D3 in a carrier oil of extra virgin olive oil, which is rich in the omega-9 oleic acid. D3 (cholecalciferol) is the natural form of vitamin D and is better utilized by the body.*

This product does not contain fish oil.

Supplement Facts	
Serving Size: 1 Soft Gel	
Amount Per Serving	% Daily Value*
Calories	3 †
Calories from fat	3 †
Total Fat	0.3 g †
Vitamin D3 (cholecalciferol)	1000 I.U. 250%
Olive Oil (<i>olea europaea</i> seeds)	249 mg †
Oleic Acid (Omega-9)	142 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: extra virgin olive oil, soft gel capsule (gelatin, glycerin, purified water, natural orange flavor), vitamin D3 (cholecalciferol in olive oil), d-alpha tocopherol, natural orange flavor, rosemary extract (a natural preservative).
May have been manufactured on the same processing line as products containing fish and/or soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

Did you know?

Vitamin D3 (cholecalciferol) is the natural form of vitamin D produced by the body, and is better absorbed and utilized than other forms.

WHY YOUR KIDS NEED FISH OIL

The human brain grows at an incredible rate during the first few years of life. During this period, 75% of brain growth is completed. In the first year alone, the brain more than doubles its size.

During this period of rapid growth, the brain is especially sensitive to nutrition, particularly the omega-3 DHA. DHA is the primary building block of brain tissue. Adequate intake of DHA is essential for proper brain development, and remains necessary throughout life to maintain brain health.* However, most children do not receive adequate amounts of DHA, even those with the healthiest diets. Experts agree that a purified fish oil supplement is the best source of the omega-3 essential fatty acids, EPA and DHA, your children need.



BABY'S DHA

2 oz. glass bottle with measured dropper—*unflavored (53787)*

- Great for babies 5–35 lbs
- Supports healthy brain, vision, and nervous system function*
- Measured dropper for easy addition to formula or food
- Made from 100% wild Arctic cod

Made exclusively from our Gold Standard Arctic Cod Liver Oil, Nordic Naturals Baby's DHA is a safe and effective way to ensure that growing babies get the DHA they need for healthy development. Like all Nordic Naturals fish oils, Baby's DHA is third-party tested and surpasses strict international standards for purity and freshness.

Supplement Facts		
Serving Size: 1–4 mL ¹		
Amount Per 4 mL Serving	% Daily Value*	
Calories	36	
Calories from fat	36	
Vitamin A	340–1200 I.U.	23–80%
Vitamin D3 (cholecalciferol)	250 I.U.	63%
Total Omega-3s	988 mg	†
EPA (Eicosapentaenoic Acid)	328 mg	†
DHA (Docosahexaenoic Acid)	480 mg	†
Other Omega-3s	180 mg	†
Oleic Acid (Omega-9)	480 mg	†

* Infants under 1 year of age.
† Daily Value not established.
1 Refer to box for suggested use.

Ingredients: purified arctic cod liver oil, rosemary extract (a natural preservative), d-alpha tocopherol, vitamin D3 (cholecalciferol in olive oil).
No gluten, milk derivatives, or artificial colors or flavors.

Suggested use for infants:

Body Weight	Dose
5–10 lb	1 mL
11–20 lb	2 mL
21–25 lb	3 mL
26–35 lb	4 mL



CHILDREN'S DHA™

liquid & soft gels

- 4 oz. glass bottle—strawberry (56780)
- 8 oz. glass bottle—strawberry (02723)
- 16 oz. glass bottle—strawberry (02724)
- 250 mg chewable soft gel
- 90 count—strawberry (01710)
- 180 count—strawberry (01720)
- 360 count—strawberry (02720)

- Supports brain and visual function in ages 3+*
- Available in strawberry-flavored liquid and chewable soft gels
- Made from 100% wild Arctic cod

Kids everywhere love Nordic Naturals strawberry-flavored Children's DHA. Made exclusively from our Gold Standard Arctic Cod Liver Oil, these products are rich in the omega-3 DHA, which is essential for brain function.* Easily swallowed or chewed by children three years and up, Children's DHA also contains healthy levels of 100% natural vitamins A and D. Like all Nordic Naturals fish oils, Children's DHA is third-party tested and surpasses strict international standards for purity and freshness.

Supplement Facts			
Serving Size: ½ Teaspoon (2.5 mL)			
Amount Per Serving		% DV ¹	% DV ² *
Calories	23		
Calories from fat	23		
Total Fat	2.5 g	†	4%
Saturated Fat	0.5 g	†	3%
Trans Fat	0 g	†	†
Cholesterol	7 mg	†	2%
Vitamin A	213–750 I.U.	9–30%	4–15%
Vitamin D	0–10 I.U.	0–2.5%	0–2.5%
Total Omega-3s	618 mg	†	†
EPA (Eicosapentaenoic Acid)	205 mg	†	†
DHA (Docosahexaenoic Acid)	300 mg	†	†
Other Omega-3s	113 mg	†	†
Oleic Acid (Omega-9)	300 mg	†	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
¹ Daily Value (DV) for children under 4 years of age.
² Daily Value (DV) for adults and children over 4 years of age.

Ingredients: purified arctic cod liver oil, natural strawberry flavor, d-alpha tocopherol, rosemary extract (a natural preservative).
No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts			
Serving Size: 4 Soft Gels			
Amount Per Serving		% DV ¹	% DV ² *
Calories	9		
Calories from fat	9		
Total Fat	1.0 g	†	1.5%
Saturated Fat	0 g	†	0%
Trans Fat	0 g	†	†
Vitamin A	85–300 I.U.	3–12%	2–6%
Vitamin D	1–4 I.U.	0.25–1%	0.25–1%
Total Omega-3s	252 mg	†	†
EPA (Eicosapentaenoic Acid)	82 mg	†	†
DHA (Docosahexaenoic Acid)	125 mg	†	†
Other Omega-3s	45 mg	†	†
Oleic Acid (Omega-9)	120 mg	†	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
¹ Daily Value (DV) for children under 4 years of age.
² Daily Value (DV) for adults and children over 4 years of age.
Less than 5 mg of Cholesterol per serving.

Ingredients: purified arctic cod liver oil, soft gel capsule (gelatin, water, glycerin, natural strawberry flavor), natural strawberry flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.

1000 I.U. of added natural vitamin D3



OMEGA-3.6.9 JUNIOR™

liquid & soft gels

4 oz. glass bottle—lemon (01776)

500 mg chewable soft gel

90 count—lemon (01775)

180 count—lemon (02775)

OMEGA-3.6.9-D JUNIOR

90 count—lemon (01777)

- The balanced combination for juniors— a healthy balance of omega-3, 6, and 9

- Supports brain and visual function and healthy skin in ages 5+*

These tasty, chewable soft gels and yummy liquid provide a balance of all the omega fats (3, 6, and 9) to support children's brain and eye function, as well as overall well-being.* Omega-3.6.9 Junior blends EPA and DHA from fish oil with GLA from borage oil, to nourish healthy skin, hair, and nails.* Many say, "It tastes like a lemon drop!"

Supplement Facts

Serving Size: ½ Teaspoon (2.5 mL)

Amount Per Serving		% Daily Value*
Calories	23	
Calories from fat	23	
Total Fat	2.5 g	4%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	†
Omega-3s	706 mg	†
EPA (Eicosapentaenoic Acid)	338 mg	†
DHA (Docosahexaenoic Acid)	225 mg	†
Other Omega-3s	143 mg	†
Omega-6s	280 mg	†
GLA (Gamma-Linolenic Acid)	83 mg	†
Omega-9s	305 mg	†
OA (Oleic Acid)	200 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 oil, natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors.

Supplement Facts

Serving Size: 2 Soft Gels

Amount Per Serving		% Daily Value*
Calories	9	
Calories from fat	9	
Total Fat	1.0 g	2%
Saturated Fat	0.2 g	1%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	1000 I.U.	250%
Omega-3s	283 mg	†
EPA (Eicosapentaenoic Acid)	135 mg	†
DHA (Docosahexaenoic Acid)	90 mg	†
Other Omega-3s	58 mg	†
Omega-6s	112 mg	†
GLA (Gamma-Linolenic Acid)	33 mg	†
Omega-9s	122 mg	†
OA (Oleic Acid)	80 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), soft gel capsule (gelatin, water, glycerin, natural lemon flavor), borage oil, natural lemon flavor, vitamin D3 (cholecalciferol in olive oil), d-alpha tocopherol, rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.

No gluten, milk derivatives, or artificial colors or flavors.



ULTIMATE OMEGA® JUNIOR

500 mg soft gel

90 count—*strawberry (01798)*

- Double-strength EPA+DHA formula for increased omega-3 benefits
- High-intensity support for brain and visual function, and a healthy nervous system in ages 5+*
- Easy-to-swallow, smaller soft gel

Ultimate Omega Junior is one of our most popular concentrates, and provides double-strength fish oil in an easy-to-swallow soft gel. And its great-tasting, all-natural strawberry flavor even makes it chewable. Just one serving delivers 640 mg omega-3s, making it an excellent way to give children more omega-3s in fewer soft gels.

Supplement Facts

Serving Size: **2 Soft Gels**

Amount Per Serving	% Daily Value*	
Calories	9	
Calories from fat	9	
Total Fat	1.0 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Total Omega-3s	640 mg	†
EPA (Eicosapentaenoic Acid)	325 mg	†
DHA (Docosahexaenoic Acid)	225 mg	†
Other Omega-3s	90 mg	†
Oleic Acid (Omega-9)	28 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), soft gel capsule (gelatin, water, glycerin, natural strawberry flavor), d-alpha tocopherol, natural strawberry flavor, rosemary extract (a natural preservative).

May have been manufactured on the same processing line as products containing soy derivatives.
No gluten, milk derivatives, or artificial colors or flavors.



NORDIC OMEGA-3 GUMMIES™

3-gram gummy

60 count—*tangerine* (30130)

120 count—*tangerine* (30131) *New size!*

- Easy to chew omega-3 treat for kids ages 2+
- No artificial colorings, flavorings, or preservatives
- Gluten, yeast, and milk derivative free

Sea Trolls are the best swimmers in the Troll kingdom—they can hold their breath for hours and swim as fast as a fish. Every day before sunrise, Sea Trolls swim out past the wave break to gather essential nutrients along the bottoms of the deep Norwegian fjords to make Nordic Omega-3 Gummies.

NORDIC OMEGA-3 FISHIES™

10-gram gummy

30 count—*tangerine* (30140)

- Easy to chew omega-3 treat for kids ages 2+
- No artificial colorings, flavorings, or preservatives
- Gluten, yeast, and milk derivative free

Viking Trolls are the most courageous in the kingdom—lightning, thunder, and rough seas do not scare these brave Trolls. Every day at noontide, they sail out together on their Viking ship and navigate the Norwegian fjord waters in order to gather Nordic Omega-3 Fishies.

Supplement Facts			
Serving Size: 2 Gummies (6 g)			
Amount Per Serving	% 2–4 yrs	% 4+ yrs*	
Calories	20		
Calories from fat	0		
Total Fat	0 g	†	0%
Saturated Fat	0 g	†	0%
Trans Fat	0 g	†	†
Cholesterol	0 mg	†	0%
Sodium	10 mg	†	<1%
Total Carbohydrate	4.0 g	†	1%
Sugars	3.0 g	†	†
Total Omega-3s	82 mg	†	†
Total EPA and DHA	68 mg	†	†
(Eicosapentaenoic Acid and Docosahexaenoic Acid)			

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

Other Ingredients: organic tapioca syrup, organic evaporated cane juice, fish oil (from anchovies and sardines), porcine

Supplement Facts			
Serving Size: 1 Fish (10 g)			
Amount Per Serving	% 2–4 yrs	% 4+ yrs*	
Calories	35		
Calories from fat	0		
Total Fat	0 g	†	0%
Saturated Fat	0 g	†	0%
Trans Fat	0 g	†	†
Cholesterol	5 mg	†	2%
Sodium	15 mg	†	<1%
Total Carbohydrate	7.0 g	†	2%
Sugars	5.0 g	†	†
Total Omega-3s	136 mg	†	†
Total EPA and DHA	113 mg	†	†
(Eicosapentaenoic Acid and Docosahexaenoic Acid)			

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

Other Ingredients: organic tapioca syrup, organic evaporated cane juice, fish oil (from anchovies and sardines), porcine gelatin, pectin, citric acid, natural flavor, natural color (from annatto), sodium citrate.

Sour Coating: organic sucrose crystals, fumaric acid.

Manufactured in a facility certified to be free of allergens derived from milk, eggs, fish, shellfish, tree nuts, wheat, peanuts, and soy. No gluten or artificial colors or flavors.



NORDIC OMEGA-3 GUMMY WORMS™

5-gram gummy worm
30 count—*strawberry (30150)*

- Easy to chew omega-3 treat for kids ages 2+
- No artificial colorings, flavorings, or preservatives
- Gluten, yeast, and milk derivative free

Mountain Trolls are the most secretive Trolls—the most anyone has ever seen of one is a bushy tail sticking out from behind a mossy boulder. Every night they emerge from their hidden underground labyrinths to put out baskets of Nordic Omega-3 Gummy Worms for the Troll kingdom.

NORDIC BERRIES™

3-gram gummy
120 count—*sweet-and-sour citrus (30120)*

- Chewable, pectin-based multivitamin for ages 2+
- Provides 100% of the daily value of the most essential nutrients—including zinc and vitamins A, B, C, D3, and E
- No artificial coloring, flavoring, or preservatives

In the land of Nordic Trolls, Gleaner Trolls have the best vision in the kingdom—only they have the unique ability to see which cloudberries are ripe and ready to pick, and which need a few more days of sunshine. Every day at twilight, Gleaner Trolls gather ripe cloudberries along the banks of the Norwegian fjords to make Nordic Berries. Rich in vitamins, minerals, and antioxidants, Nordic Berries capture the delicious sweet-and-sour citrus taste of cloudberries, and make an ideal companion to any of our fish oil products.

Supplement Facts			
Serving Size: 1 Worm (5 g)			
Amount Per Serving		% 2–4 yrs	% 4+ yrs*
Calories	15		
Calories from fat	0		
Total Fat	0 g	†	0%
Saturated Fat	0 g	†	0%
Trans Fat	0 g	†	†
Cholesterol	0 mg	†	0%
Sodium	5 mg	†	<1%
Total Carbohydrate	3.0 g	†	1%
Sugars	2.0 g	†	†
Total Omega-3s	68 mg	†	†
Total EPA and DHA	56 mg	†	†
(Eicosapentaenoic Acid and Docosahexaenoic Acid)			
* Percent Daily Values are based on a 2,000 calorie diet.			
† Daily Value not established.			

Other Ingredients: organic tapioca syrup, organic evaporated cane syrup, porcine gelatin, fish oil (from anchovies and sardines), citric acid, lactic acid, natural flavor, natural color (from black carrot juice), organic sunflower oil, carnauba wax. **Sour Coating:** organic sucrose crystals, fumaric acid. Manufactured in a facility certified to be free of allergens derived from milk, eggs, fish, shellfish, tree nuts, wheat, peanuts, and soy. No gluten or artificial colors or flavors.

Supplement Facts			
Serving Size: 4 Nordic Berries (12 g)			
Amount Per Serving		% 2–4 yrs	% 4+ yrs*
Calories	35		
Calories from Fat	0		
Total Fat	0 g		
Saturated Fat	0 g		
Trans Fat	0 g		
Cholesterol	0 mg		
Sodium	15 mg	†	1%
Total Carbohydrate	9 g	†	3%
Dietary Fiber	0 g		
Sugars	6 g	†	†
Vitamin A (as beta-carotene)	2500 IU.	100%	50%
Vitamin C (as ascorbic acid)	40 mg	100%	67%
Calcium (as calcium citrate)	20 mg	2%	2%
Vitamin D3 (as cholecalciferol)	400 IU.	100%	100%
Vitamin E (as d-alpha tocopheryl acetate)	10 IU.	100%	35%
Vitamin B1 (as thiamin mononitrate)	0.7 mg	100%	50%
Vitamin B2 (as riboflavin)	0.85 mg	106%	50%
Vitamin B6 (as pyridoxine HCl)	1 mg	143%	50%
Vitamin B12 (as cyanocobalamin)	3 mcg	100%	50%
Folic acid	0.1 mg	50%	25%
Biotin	0.15 mg	100%	50%
Pantothenic acid (as d-calcium pantothenate)	2.5 mg	50%	25%
Iodine (as potassium iodide)	35 mcg	50%	25%
Magnesium (as magnesium citrate)	5 mg	2%	<2%
Zinc (as zinc citrate)	8 mg	100%	50%
Choline (as choline bitartrate)	10 mcg	†	†
Inositol	10 mcg	†	†
* Percent Daily Values are based on a 2,000 calorie diet.			
† Daily Value not established.			

Other Ingredients: organic tapioca syrup, organic evaporated cane juice, pectin, citric acid, rice syrup solids, natural flavor, sodium citrate. **Sour Coating:** organic sucrose crystals, fumaric acid. Manufactured in a facility certified to be free of allergens derived from milk, eggs, fish, shellfish, tree nuts, wheat, peanuts, and soy. No gluten or artificial colors or flavors.



PET COD LIVER OIL

Wild Arctic cod liver oil with naturally occurring vitamin A.**

8 oz. glass bottle—unflavored (53783)
 16 oz. glass bottle—unflavored (53786)

- Derived from 100% wild Arctic cod
- Supports brain and eye development, heart and joint health, and nourishes skin and coat

Traditionally, Norwegians have used cod liver oil for its nourishing and healing benefits. It is an ideal source of the omega-3 fatty acids EPA and DHA, as well as naturally occurring vitamin A. Nordic Naturals Pet Cod Liver Oil continues this tradition by providing your pet with these same essential nutrients.

Our Pet Cod Liver Oil is derived exclusively from wild Arctic cod (Skrei), from the Norwegian Sea off the Lofoten Islands near Bodø, Norway. Due to the seasonal variations of food supply for wild Arctic cod, the amount of vitamin A will fluctuate with each batch. Please refer to the product label for the current amount of vitamin A in the product

IMPORTANT NOTE

Our products are specially formulated to maximize health benefits for dogs and cats. In order to ensure safety, our pet formulas do not include rosemary oil or flavorings, found in many omega-3 supplements. Pet products are intended for only dogs and cats.

Guaranteed Analysis

1 teaspoon = 5.0 mL (4600 mg)	
1 teaspoon contains:	
Crude fat (min.)	99.4%
Moisture (max.)	0.01%
Vitamin A (min.)	1200 I.U./tsp.
Total Omega-3 Fatty Acids* (min.)	25%
Docosahexaenoic Acid (DHA)* (min.)	11%
Eicosapentaenoic Acid (EPA)* (min.)	9%
* Not recognized as an essential nutrient by the AAFCO Dog or Cat Food Nutrient Profiles.	
Ingredients: cod liver oil (source of vitamin A), α -alpha tocopherol (a preservative).	
No artificial colors or flavors.	

(Please refer to product label for current guaranteed analysis.)

**The amount of vitamin A in our Pet Cod Liver Oil varies with each batch of oil. This is due to the seasonal variations in the food supply for wild Arctic cod (Skrei). We print new labels for each batch of Pet Cod Liver Oil to reflect the current amounts of vitamin A in the product.



OMEGA-3 PET™

liquid & soft gels

Wild anchovy and sardine oil for optimal pet health and wellness.

CATS & SMALL BREED DOGS

2 oz. glass bottle with measured dropper—*unflavored (50505)*

MEDIUM TO LARGE BREED DOGS

8 oz. glass bottle—*unflavored (50504)*

LARGE & VERY LARGE BREED DOGS & MULTI-DOG HOUSEHOLDS

16 oz. glass bottle—*unflavored (50506)*

1000 mg soft gel

90 count—*unflavored (50502)*

180 count—*unflavored (51502)*

- Derived from 100% wild Peruvian anchovies and wild Pacific sardines
- Supports brain and eye development, heart and joint health, and nourishes skin and coat

Nordic Naturals Omega-3 Pet is an excellent source of the omega-3 fatty acids EPA and DHA. It is an essential supplement to promote optimal pet health and wellness at home. And, it's available in soft gels, convenient for traveling with your pet. Our Omega-3 Pet oil is derived exclusively from wild anchovies and sardines from the South Pacific Ocean off the coast of Peru. In 2008, the sustainability of these Peruvian fisheries was ranked as number one in the world.

Guaranteed Analysis

1 teaspoon = 5.0 ml (4600 mg)

1 teaspoon contains:

Crude fat (min.)	99.4%
Moisture (max.).....	0.01%
Total Omega-3 Fatty Acids* (min.)	31%
Eicosapentaenoic Acid (EPA)* (min.).....	15%
Docosahexaenoic Acid (DHA)* (min.).....	9%

* Not recognized as an essential nutrient by the AAFCO Dog Food Nutrient Profiles.

Ingredients: fish oil, d-alpha tocopherol (a preservative).
No artificial colors or flavors.

(Please refer to product label for current guaranteed analysis.)

Guaranteed Analysis

1 soft gel = 1500 mg

1 soft gel contains 1000 mg fish oil

Crude fat (min.)	67%
Moisture (max.).....	3%
Total Omega-3 Fatty Acids* (min.)	21%
Eicosapentaenoic Acid (EPA)* (min.).....	10%
Docosahexaenoic Acid (DHA)* (min.).....	6%

* Not recognized as an essential nutrient by the AAFCO Dog or Cat Food Nutrient Profiles.

Ingredients: fish oil, soft gel capsule (gelatin, water, glycerin), d-alpha tocopherol (a preservative).
No artificial colors or flavors.

(Please refer to product label for current guaranteed analysis.)

SUPPORT MATERIAL



48-BOTTLE COUNTER-TOP DISPLAYS

Comes with 2 sample boxes that can be used in the display or placed at the counter or endcap

SHELF FLAGS



12-BOTTLE COUNTER-TOP DISPLAYS

Fits nicely on shelf or table



STICKERS AND BUTTONS

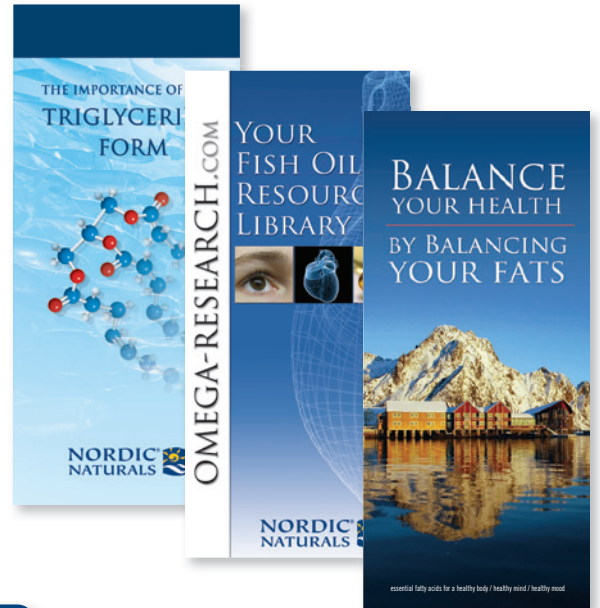


WINDOW STICKER



EDUCATIONAL BROCHURES

These educational pamphlets provide detailed information and resources for your customers' needs, in addition to information on Nordic Naturals



MERCURY CARDS

Wallet-sized informational card detailing mercury levels in fish

MERCURY LEVELS IN FISH			
LOW	MEDIUM	HIGH	
Arctic Cod Anchovies Butterfish Cattfish - Clam Cub (sea cow) Crawfish/Crayfish Craker (sea bass) Flounder Haddock (sea cod) Hake - Herring Mackerel (N. Atlantic, Chile)	Mullet - Oyster Peeled Shrimp Pike - Pikelet Salmon (wild) Sea Trout Sardine - Scallop Shad - Striped Soft Shell Squid (calamari) Tilapia Trot (freshwater) Whitefish - Whiting	Bass (striped bass) Carp Cod (Atlantic) Craker (sea bass) Halibut (Pacific, Alaska) Jackmullet (Atlantic) Labster (sea trout) Mahi Mahi	Bluefish Grouper Mackerel King Tuna Canned Tuna AK, Alper*, Norek*) Seabass (Chilean) Shark Swordfish Tilapia* Tuna Canned Tuna AK, Alper*, Norek*) Overfished

PRODUCT LITERATURE

These informational product brochures and catalogs provide your customers with critical product information

MULTI-MEDIA

History of the Arctic Cod
—12-minute DVD





PLANET NORDIC

healthy people · healthy planet

SUSTAINABLE FISH OIL:

29% Norwegian Sea (Norway)

Arctic Cod, *Arctogadus glacialis*

- Arctic cod is one of the few cod stocks that is not overfished
- Fishing regulations include quotas, minimum catch and net mesh sizes, fishing ground closures, and net and line fishing methods
- Our exclusive partnerships with smaller boats and independent fishermen ensure sustainable fishing practices



67% South Pacific (Peru)

Pacific Sardine & Peruvian Anchovy, *Sardinops sagax* & *Engraulis ringens*

- A 2008 research report ranked the sustainability of Peruvian fisheries as the best in the world⁵
- Fishing regulations include quotas, closed seasons, limits on juveniles, purse seine fishing methods, and maximum catch limits per vessel
- We contract exclusively with one Norwegian fishing company operating in Peru that adheres to Norwegian fishing regulations and labor laws



4% Cook Inlet, Alaska (USA)

Pink & Sockeye Salmon, *Oncorhynchus gorbusha* & *Oncorhynchus nerka*

- Our exclusive source of salmon is sustainably harvested from the Cook Inlet in Kenai, Alaska



LEARN MORE ►

planetnordic.com



REGULATED FISHING

To prevent overfishing, 100% of our fish is sourced in compliance with the Norwegian fisheries management system, which has been a model of sustainability for over 30 years.

BYCATCH PREVENTION

We use only responsible fishing gear—including purse seine nets, sorting grids, and large meshes—to protect against bycatch of unintended species.

HABITAT PROTECTION

We use line and net fishing methods to prevent the seafloor and ecosystem damage caused by fishing practices such as bottom trawling and dredging.

MARINE POLLUTION PREVENTION

Up to 80% of marine pollution is caused by land-based sources such as runoff, sewage, and waste. Our coastal processing facilities are leaders in minimizing pollution and conserving resources.

EXCLUSIVE FISHING & SOURCING PARTNERSHIPS

For our Arctic Cod Liver Oil™ and Kenai Wild Alaskan Salmon Oil, we have built exclusive partnerships with independent fishermen in order to guarantee that 100% of all fish is used for human or animal consumption, eliminating the waste that often occurs when sourcing these larger species.



NOTES



- 1 = MAINTENANCE SUPPORT
- 2 = PROACTIVE SUPPORT
- 3 = HIGH INTENSITY SUPPORT

BRAIN HEALTH

- 1. ARCTIC COD LIVER OIL pg. 21
- 2. DHA pg. 32
- 3. ULTIMATE OMEGA or DHA XTRA pg. 26 or 32

MOOD SUPPORT

- 1. DAILY DHA pg. 35
- 2. DHA & OMEGA WOMAN pg. 32 & 37
- 3. ULTIMATE OMEGA or DHA XTRA & OMEGA WOMAN pg. 26 or 32 & 37

EYE HEALTH

- 1. ARCTIC COD LIVER OIL pg. 21
- 2. DHA pg. 32
- 3. OMEGA VISION pg. 40

HEART HEALTH

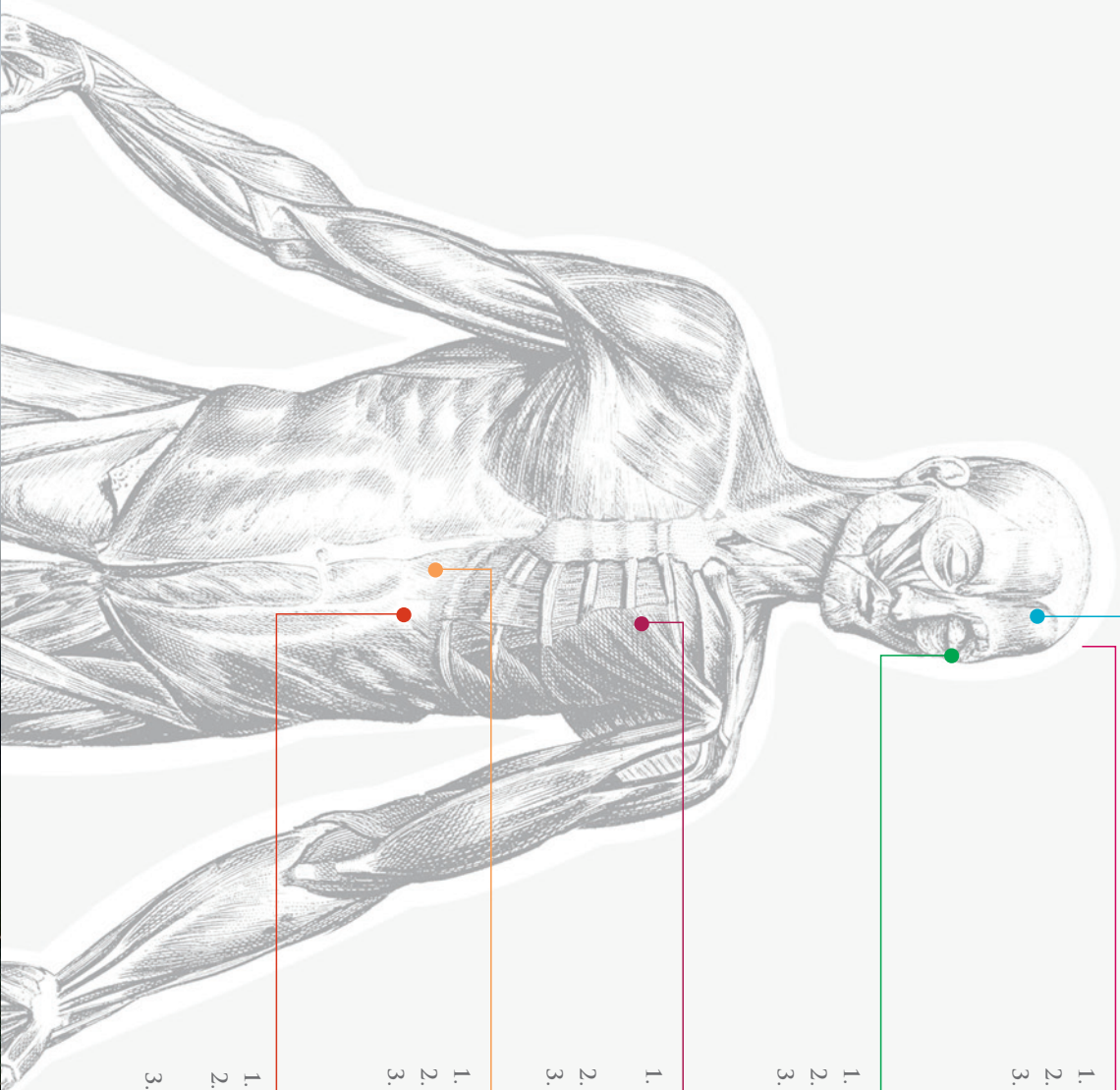
- 1. ULTIMATE OMEGA or ULTIMATE OMEGA XTRA pg. 26 or 30
- 2. ULTIMATE OMEGA +COQ10 pg. 40
- 3. OMEGA LDL pg. 39

DIGESTIVE HEALTH

- 1. EPA pg. 31
- 2. EPA XTRA pg. 31
- 3. OMEGA PROBIOTIC pg. 39

BLOOD SUGAR HEALTH

- 1. OMEGA-3 pg. 24
- 2. ULTIMATE OMEGA or ULTIMATE OMEGA XTRA pg. 26 or 30
- 3. OMEGA BLOOD SUGAR pg. 38





SKIN, HAIR, & NAIL SUPPORT

1. COMPLETE OMEGA-3-6-9 pg. 36
2. OMEGA-3 & OMEGA WOMAN pg. 24 & 37
3. ULTIMATE OMEGA & OMEGA WOMAN pg. 26 & 37

JOINT & BONE HEALTH

1. ULTIMATE OMEGA-D3 or ULTIMATE OMEGA XTRA pg. 28 or 30
2. EPA or EPA XTRA pg. 25
3. OMEGA JOINT XTRA pg. 38

FITNESS RECOVERY

1. ULTIMATE OMEGA +COQ10 pg. 40
2. ULTIMATE OMEGA-D3 SPORT or ULTIMATE OMEGA XTRA pg. 28 or 30
3. EPA XTRA pg. 25

IMMUNE SUPPORT

1. KENAI WILD ALASKAN SALMON OIL or ALGAE OMEGA pg. 22 or 23
2. ARCTIC COD LIVER OIL pg. 21
3. ARCTIC-D COD LIVER OIL pg. 21

SENIOR LIVING

1. ARCTIC-D COD LIVER OIL pg. 21
2. ULTIMATE OMEGA-D3 or ULTIMATE OMEGA XTRA pg. 28 or 30
3. DHA XTRA pg. 32



CHILDREN'S HEALTH

Infants

BABY'S DHA pg. 42

Ages 3+

CHILDREN'S DHA pg. 43

DAILY OMEGA KIDS pg. 34

Ages 5+

OMEGA-3-6-9 JUNIOR pg. 44

OMEGA-3 EFFERVESCENT pg. 20

ULTIMATE OMEGA JUNIOR pg. 45

NORDIC BERRIES Multivitamin makes an ideal

companion to our fish oil products for ages 2+. pg. 47

WOMEN'S HEALTH

Pregnancy & Lactation

1. ARCTIC COD LIVER OIL pg. 21
2. PRENATAL DHA or DHA pg. 33 or 32
3. ARCTIC-D COD LIVER OIL pg. 21

Stages of Menopause

1. COMPLETE OMEGA-3-6-9 pg. 36
2. ARCTIC COD LIVER OIL & OMEGA WOMAN pg. 21 & 37
3. ULTIMATE OMEGA-D3 & NORDIC GLA pg. 28 & 37



At Nordic Naturals we believe that omega oils are essential to life. By correcting the global omega-3 deficiency, we give each generation what they need to grow healthy and strong. Through science and innovation, we are committed to delivering the world's safest, most effective omega oils.

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