

A Powerful, High-Concentration EFA Formula



# ULTIMATE OMEGA

available in:  
lemon 60, 120, & 180 count

Double the EPA and DHA for “mega-dose” needs, Ultimate Omega is a high-potency formula that, in just one serving, meets the American Heart Association’s recommendation of 2–4 grams/day of EPA and DHA for people with elevated triglycerides<sup>1</sup>.

1. Kris-Etherton P, Harris W, Appel L, for the AHA Nutrition Committee. Omega-3 Fatty Acids and Cardiovascular Disease: New Recommendations from the American Heart Association. *Arterioscler Thromb Vasc Biol* 2004;23:151–152.

## Why Ultimate Omega?:

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

## Quality Counts

As with all Nordic Naturals products, Ultimate Omega is in the natural triglyceride form for optimal absorption. Our patented “nitrogen processing” ensures that Ultimate Omega is absolutely pure and fresh. Fresh fish oils are better for the body, and do not create negative side effects such as repeat or burp-back.

Pure and fresh fish oil supplements have a high safety profile and few, if any, side effects. Physicians should be advised of individuals taking more than three grams of combined EPA + DHA daily, or if they are taking certain medications.

*Nordic Naturals fish oils surpass all national and international pharmaceutical standards for freshness. Every batch of Nordic Naturals fish oils is 3rd party tested to guarantee exceptional freshness and purity levels, and is free\*\* from heavy metals and environmental toxins.*

\*\* no detected heavy metals at 10 ppb, dioxins/PCBs at 0.5 ppt

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



## Supplement Facts

Amount Per Serving	Servings per container: 30	
		% 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 E (d-alpha tocopherol)	30 I.U.	100%
Omega-3s	<b>Weight</b> ‡	<b>Volume</b> %
EPA (Eicosapentaenoic Acid)	650 mg	35%
DHA (Docosahexaenoic Acid)	450 mg	25%
Other Omega-3s	180 mg	10%
Total Omega-3s	1280 mg	70%
Oleic Acid (Omega-9)	56 mg	3%

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

† Daily Value not established. ‡ Natural Triglycerides  
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 oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, or artificial colors or flavors.  
Contains vitamin E derived from refined soybean oil.

**NORDIC NATURALS**   
Pure and Great Tasting Omega Oils