



# OMEGA-3D

available in:  
lemon 60 & 120 count

Nordic Naturals Omega-3D is a pure, non-concentrated omega-3 fish oil with all of its constituents present in a wholesome, natural balance, with added vitamin D3. Vitamin D3, cholecalciferol, is the naturally occurring form of vitamin D, preferred by the body for optimal absorption and utilization. Omega-3D is a great way for you to maintain healthy levels of EPA and DHA, the most important omega-3 essential fatty acids, while also providing over 100% of the daily value of vitamin D for adults and children over four years of age.

## Why take Omega-3D?:

- Maintains a healthy heart and circulatory system\*
- Promotes healthy immune function\*
- Supports positive mood and well-being\*
- Enhances joint flexibility and movement\*
- Added vitamin D3 for strong, healthy bones\*
- An easy and convenient way to get the daily recommendation of omega-3s

## Quality Counts

As with all Nordic Naturals products, Omega-3D is in the natural triglyceride form for optimal absorption. Our patented "nitrogen processing" ensures that Omega-3D 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*



## 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	0.6 g	3%
Trans Fat	0 g	†
Vitamin D3 (cholecalciferol)	1000 I.U.	250%
Vitamin E (d-alpha tocopherol)	30 I.U.	100%
Omega-3s	<b>Weight</b>	<b>Volume %</b>
EPA (Eicosapentaenoic Acid)	330 mg	18%
DHA (Docosahexaenoic Acid)	220 mg	12%
Other Omega-3s	140 mg	8%
Total Omega-3s	690 mg	38%
Oleic Acid (Omega-9)	116 mg	6%

\* 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, vitamin D3 (cholecalciferol in sesame oil), d-alpha tocopherol, rosemary extract.

No gluten, milk derivatives, or artificial colors or flavors.  
May contain traces of peanut and/or soy derivatives.

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

\* 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.