



Omega-3 180/120

Cold Water Fish Oil

Fish oil is an excellent source of essential Omega-3 fatty acids. PureGels® Omega-3 180/120 is a low odor, cold water fish oil which is naturally distilled for maximum purity from wild fish.* PureGels® Omega-3 180/120 provides 180 mg EPA and 120 mg DHA per soft gel. EPA and DHA are major structural components in the brain, retina, heart, and neural tissues. DHA is essential for brain development, mental acuity, and visual function at every stage of human life, from fetus to old age.* EPA and DHA in fish oil may reduce the risk of coronary heart disease, and have been shown in clinical studies to assist in maintaining healthy cardiovascular function.** Omega-3 fatty acids may also help maintain healthy triglyceride and cholesterol levels that are already in the normal range.*



To learn more, check out www.puregels.com/Omega180

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

PureGels® Natural Supplements - Essential Balance for Body and Mind™

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Supplement Facts

Serving Size 3 Soft Gels

Amount per 3 Soft Gels		% Daily Value*
Calories	33	2.0%
Calories from Fat	27	1.5%
Total Fat	3 g	4.5%
<i>Trans</i> Fat	0 g	
Fish Oil	3000 mg	†
(containing 540 mg EPA and 360 mg DHA)		

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

† Daily Value not established

Other Ingredients: Gelatin, glycerin, purified water, natural Vitamin E (mixed tocopherols).

Contains: Fish (Anchovy, Mackerel, Salmon, Sardine, Sprat)

Does NOT Contain: Yeast, Added Sugars, Sodium, Artificial Colors, Artificial Flavors, or Preservatives.

Directions: Take three soft gels daily with meals, or as recommended by your health care professional.

****Consumption of Omega-3 fatty acids may reduce the risk of coronary heart disease. FDA evaluated the data and determined that, although there is scientific evidence supporting the claim, the evidence is not conclusive.**

Storage: KEEP OUT OF THE REACH OF CHILDREN. Keep tightly closed in a cool dry place.

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Omega-3 180/120 Cold Water Fish Oil

May Reduce the Risk of Coronary Heart Disease
Promotes Healthy Brain and Visual Function***

Dietary Supplement • 1000 mg Fish Oil
100 Soft Gels • EPA 180 mg / DHA 120 mg

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****For Your Knowledge:** The raw material fish oil in our products complies with the CRN (Council for Responsible Nutrition) Voluntary Monograph for Omega-3 fatty acids obtained from fish, plant, or microbial sources. CRN established standards for mercury, heavy metals, PCBs, and dioxins more stringent than FDA, and equal to or more stringent than those set by EPA and the state of California (Proposition 65). Natural processes called molecular distillation and steam deodorization provide maximum purity of our Omega-3 fatty acids.

Code #7518

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Manufactured by PureGels® Nutraceuticals Downey, CA 90240