

WHO recommends
eating 1-2 portions of fish per week.

However, if you do not meet this requirement,
fish oil supplements can help you get enough
Omega-3's which help:

Support heart health

- by increasing HDL "good cholesterol" levels
- by lowering triglycerides

Reduce inflammation

- which can help ease symptoms of diseases associated with chronic inflammation

Support early growth and development

- by improving infant visual development
- by reducing risk of allergies

Reduce joint pain intensity

- Like morning stiffness, tenderness and discomfort

Enhance Immunity

Support healthy skin... and more!

Frequently Asked Questions

What is the source of the fish? Anchovy and Sardine.

What ocean do the fish come from? The majority of fish are caught in the South Pacific Ocean off the coast of Peru.

What is molecular distillation? Molecular distillation is a form of deodorization that removes pesticides, toxic industrial compounds, heavy metals and other unwanted elements from fish oil that may occur naturally or result from the environment.

Why lemon flavored? Natrol Omega Fish Oil products now have natural lemon oil in the fish oil to ensure a great lemon taste and to help combat the fishy "burp effect" associated with some fish oil supplements.

Can the products be safely used while pregnant? Yes, research confirms an adequate intake of omega-3 fatty acids promotes healthy pregnancy. Pregnant and nursing women should always consult with a healthcare professional before using dietary supplements.

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.

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Fishing for a healthier way of life? SM

Catch on to Natrol's
Omega Fish Oil line of products!



lemon flavor
for no fishy aftertaste!

www.natrol.com
NATROL

Available at all leading pharmacies

 **MEG-3**[®]
trust the source[®]



Supplement Facts

Each Softgel contains

Omega-3 Fish Oil	1,000 mg	**
(anchovy, cod, mackerel, sardine)		
EPA (Eicosapentaenoic Acid)	180 mg	—188%***
DHA (Docosahexaenoic Acid)	120 mg	



Supplement Facts

Each Softgel contains

Omega-3 Fish Oil (anchovy, cod, mackerel, sardine)	400 mg	**
EPA (Eicosapentaenoic Acid)	70 mg	—72%***
DHA (Docosahexaenoic Acid)	45 mg	
Flax Oil (<i>Linum usitatissimum</i>) (seed)	400 mg	**
Alpha Linolenic Acid	200 mg	**
Linoleic Acid	50 mg	**
Oleic Acid	60 mg	**
Borage Oil	400 mg	**
GLA (Gamma Linolenic Acid)	70 mg	**
Linoleic Acid	125 mg	**
Oleic Acid	55 mg	**



Supplement Facts

Each Softgel contains

Vitamin E (from d-Alpha Tocopherol)	15 IU	50%
Omega-3 Fish Oil (anchovy, mackerel, sardine)	1,200 mg	**
EPA (Eicosapentaenoic Acid)	323 mg	—336%***
DHA (Docosahexaenoic Acid)	215 mg	

Omega-3 Fish Oil 1000 mg

Give yourself the benefits of “good fat” with Natrol® Omega-3. With 1000 mg of healthy, purified fish oil, you can provide your body with a healthy balance of the nutrients your body needs to support eye, heart and bone health. A natural source of EPA and DHA, adding Natrol® Omega-3 to your daily regimen can help you achieve optimum health.†

Omega-3-6-9 Complex

Discover the benefits of Natrol® Omega-3 Complex - a blend of complex fatty acids that are important for promoting overall health and well-being. A scientifically optimized blend, it includes a healthy balance of EPA and DHA fatty acids, in addition to flax seed and borage. Natrol® Omega-3 Complex helps support heart and cardiovascular health. This balanced formulation of Omega-3-6-9 also helps support healthy skin and hair for a beautiful, all new you!†

Extreme Omega®

Support cardiovascular health, joint health, cognitive health and balanced mood with the super-powered benefits of fish oil in Natrol Extreme Omega. Infused with a great-tasting, natural lemon flavor, a daily serving of this healthy blend includes 646mg of EPA and 430mg DHA fatty acids - essential for maintaining a healthy balance.†



MEG-3® and TRUST THE SOURCE® are trademarks of Ocean Nutrition Canada, Ltd.

Natrol's Omega Fish Oil line of products include MEG-3® fish oil with added natural lemon oil for a great tasting lemon flavor. MEG-3® brand fish oil is USP verified by the US Pharmacopeia and is molecularly distilled to remove pesticides, PCBs and heavy metals.