

# How to Read a Fish Oil Label

Look beyond “2 g” of fish oil



## Supplement Facts

Serving Size 2 Soft Gels		
	Amount Per Serving	% DV
Calories	20	
Total Fat	2 g	3%**
Protein	<1 g	<1%**
Vitamin E (as natural d-alpha tocopherol)	13.4 mg	89%
Norwegian Fish Oil	2 g	†
Total Omega-3 Fatty Acids*	1,200 mg	†
EPA (Eicosapentaenoic Acid)*	600 mg	†
DHA (Docosahexaenoic Acid)*	400 mg	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value (DV) not established. \*Reported as ethyl ester.

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water), mixed tocopherols. Contains fish (anchovy, sardine and mackerel).

**Directions:** Adults: take two soft gels daily at mealtime.

### PURITY GUARANTEED

This product is regularly tested by independent FDA registered laboratories. It has been determined to be fresh and fully potent (per AOCS international protocols) and is free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.

- ✓ **Start Here**  
Serving size is the amount of fish oil necessary to receive the EPA and DHA dose listed on the label. Higher potency fish oils contain more EPA and DHA in fewer capsules or spoonfuls.
- ✓ **Check for Antioxidants**  
Antioxidants, such as vitamin E, help preserve fish oil purity and freshness and protect cells from free radical damage.\*
- ✓ **Look at the Omega-3 Totals**  
Omega-3s should be the most prevalent form of fatty acids in each dose because they're the most beneficial for the body.\*
- ✓ **Add the EPA & DHA Levels**  
Quality supplements should contain substantial amounts of EPA and DHA, which support heart, brain, vision, and joint health.\*
- ✓ **Fish Oil Form**  
There are three forms of marine oils — Natural Triglyceride (TG), Ethyl Ester (EE), and Re-Esterified Triglyceride (rTG). Learn more below.
- ✓ **Confirm Testing**  
Make sure the product is tested for freshness, potency, and purity and is found to be low in contaminants and heavy metals.

## About Fish Oil Forms — Is there a superior fish oil form?

Several long-term studies have found very little difference in bioavailability between the TG, EE and rTG fish oil forms.

**Natural Triglyceride (TG):** Fish oils naturally contain the omega-3s and DHA in TG. TG fish oils provide a maximum combined EPA and DHA ratio of about 30% — or approximately 300 mg of EPA and DHA per 1,000 mg of fish oil.

**Ethyl Ester (EE):** EEs were created to enhance the ratios of EPA and DHA in fish oils. EEs replace the glycerol backbone of a TG fish oil with ethanol, making it possible to create higher concentrations of EPA and DHA. Most of the omega-3 fatty acids available by prescription are in the EE form.

**Re-Esterified Triglyceride (rTG):** rTGs are created when EEs are freed from their ethanol backbone and are reunited with a glycerol molecule. rTGs retain the same potency and fatty acid ratios as their EE counterparts.

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

# Choose the Carlson Fish Oil that Best Fits Your Needs

## Liquids

Name / Form / Omega-3s PER SERVING	FLAVOR	SIZE	CODE
<b>Cod Liver Oil</b> (TG) Per 1 Teaspoon: Omega-3s ..... 1,100 mg EPA ..... 400 mg DHA ..... 500 mg	Lemon	250 mL	1351
	Lemon	500 mL	1352
	Natural	250 mL	1321
	Natural	500 mL	1322
<b>Elite DHA</b> (rTG) Per 1 Teaspoon: Omega-3s ..... 2,920 mg EPA ..... 430 mg DHA ..... 2,270 mg	Orange	100 mL	1601
<b>MedOmega</b> ™ (rTG) Per 1 Teaspoon: Omega-3s ..... 2,800 mg EPA ..... 1,200 mg DHA ..... 1,200 mg	Lemon/ Lime	100 mL	1701
<b>Olive Your Heart</b> ® (TG) Per 1 Tablespoon: Omega-3s ..... 1,480 mg EPA ..... 360 mg DHA ..... 900 mg	Basil Lemon Garlic Natural	250 mL	1961 1971 1981 1991
<b>Super D Omega-3</b> ™ (TG) Per 1 Teaspoon: Omega-3s ..... 1,100 mg EPA ..... 400 mg DHA ..... 500 mg	Lemon	250 mL	1402
<b>Super Omega-3</b> (rTG) Per 1 Teaspoon: EPA ..... 1,350 mg DHA ..... 1,000 mg	Lemon	100 mL	1621
<b>The Very Finest Fish Oil</b> ™ (TG) Per 1 Teaspoon: Omega-3s ..... 1,600 mg EPA ..... 800 mg DHA ..... 500 mg	Lemon Lemon Orange Orange	200 mL	1540 1545 1650 1655

## Why You Need Omega-3s

There are more than 27,000 published studies on omega-3s, making them some of the most studied nutrients in the world.

**EPA** (Eicosapentaenoic Acid) is found in fatty, cold-water fish and is most recognized for its cardiovascular health benefits.\*

**DHA** (Docosahexaenoic Acid) is found in fatty, cold-water fish and is best known for its role in supporting brain and vision health.\*

## Soft Gels

Name / Form / Omega-3s PER SERVING	FLAVOR	SIZE	CODE
<b>Cod Liver Oil Minis</b> (TG) Per 3 Soft Gels: EPA ..... 90 mg DHA ..... 105 mg	Natural	100	1311
<b>Cod Liver Oil Gems</b> ™ <b>Lightly Lemon</b> (TG) Per 2 Soft Gels: Omega-3s ..... 460 mg EPA ..... 170 mg DHA ..... 200 mg	Lemon	150	1381
	Lemon	300	1383
<b>Cod Liver Oil Gems</b> ™ <b>Low Vitamin A</b> (TG) Per 1 Soft Gel: Omega-3s ..... 230 mg EPA ..... 85 mg DHA ..... 100 mg	Lemon	150	1391
	Lemon	300	1393
<b>Cod Liver Oil Gems</b> ™ <b>Super 1000</b> (TG) Per 1 Soft Gel: EPA ..... 80 mg DHA ..... 100 mg	Natural	100	1301
	Natural	250	1302
<b>EcoSmart</b> ® DHA (EE) Per 1 Soft Gel: Omega-3s ..... 550 mg EPA ..... 50 mg DHA ..... 500 mg	Lemon	60	1816
	Lemon	120	1811
<b>EcoSmart</b> ® Omega-3 (EE) Per 2 Soft Gels: Omega-3s ..... 1,000 mg EPA ..... 280 mg DHA ..... 720 mg	Lemon	90	1801
	Lemon	180	1802
<b>Elite Omega-3 Gems</b> ® (EE) Per 2 Soft Gels: Omega-3s ..... 1,600 mg EPA ..... 800 mg DHA ..... 600 mg	Lemon	60	1716
	Lemon	90	1711
	Lemon	180	1712
	Lemon	240	1713
<b>Elite DHA Gems</b> ® (rTG) Per 1 Soft Gel: Omega-3s ..... 1,020 mg EPA ..... 1,000 mg	Natural	30	1690
	Natural	60	1691
	Natural	120	1693
<b>Elite EPA-Gems</b> ® (EE) Per 1 Soft Gel: Omega-3s ..... 1,013 mg EPA ..... 1,000 mg	Natural	60	1686
	Natural	120	1681
<b>Maximum Omega 2000</b> (rTG) Per 2 Soft Gels: Omega-3s ..... 2,000 mg EPA ..... 1,250 mg DHA ..... 500 mg	Lemon	60	1720
	Lemon	90	1721
	Lemon	180	1722

Name / Form / Omega-3s PER SERVING	FLAVOR	SIZE	CODE
<b>MCT &amp; Omega-3</b> (rTG) Per 1 Soft Gel: MCT Oil ..... 300 mg Organic Virgin Coconut Oil ..... 300 mg Fish Oil ..... 600 mg	Natural	60	1760
<b>Mother's DHA</b> (rTG) Per 1 Soft Gel: EPA ..... 100 mg DHA ..... 500 mg	Natural	60	1560
	Natural	120	1561
<b>Omega-3-6-9</b> (TG & rTG) Per 2 Soft Gels: Omega-3s ..... 400 mg Omega-6s (GLA) ..... 400 mg Omega-9s ..... 300 mg	Lemon	90	1731
	Lemon	180	1733
<b>Salmon Oil</b> (TG) Per 2 Soft Gels: Omega-3s ..... 500 mg EPA ..... 220 mg DHA ..... 180 mg	Natural	50	1502
	Natural	180	1501
	Natural	300	1505
<b>Salmon Oil Complete</b> ™ (TG) Per 2 Soft Gels: Omega-3s ..... 700 mg EPA ..... 250 mg DHA ..... 220 mg	Natural	60	1830
	Natural	120	1831
	Natural	240	1832
<b>Salmon Oil and GLA</b> (TG) Per 2 Soft Gels: EPA ..... 170 mg DHA ..... 140 mg	Natural	60	1510
	Natural	120	1511
	Natural	240	1512
<b>Super DHA Gems</b> ® (rTG) Per 1 Soft Gel: EPA ..... 100 mg DHA ..... 500 mg	Natural	60	1550
	Natural	180	1552
	Natural	240	1553
<b>Super Omega-3 Gems</b> ® (EE) Per 2 Soft Gels: Omega-3s ..... 1,200 mg EPA ..... 600 mg DHA ..... 400 mg	Natural	50	1520
	Natural	100	1521
	Natural	180	1526
	Natural	250	1522
	Natural	300	1523
<b>Super Omega-3 Gems</b> ® in <b>Fish Gelatin</b> Soft Gels (EE) Per 2 Soft Gels: Omega-3s ..... 1,200 mg EPA ..... 600 mg DHA ..... 400 mg	Natural	50	1530
	Natural	100	1531
	Natural	180	1532
<b>The Very Finest Fish Oil</b> ™ (TG) Per 2 Soft Gels: Omega-3s ..... 700 mg EPA ..... 360 mg DHA ..... 240 mg	Lemon	120	1631
	Lemon	240	1632
	Orange	120	1641
	Orange	240	1642

## Carlson for Kids®

Name / Form / Omega-3s PER SERVING	FLAVOR	SIZE	CODE
<b>Baby's DHA</b> (TG) Per 5 mL (1 Teaspoon): Omega-3s ..... 1,100 mg EPA ..... 400 mg DHA ..... 500 mg	Natural	60 mL Liquid	1860
<b>Chewable DHA</b> (TG) Per 1 Soft Gel: EPA ..... 50 mg DHA ..... 100 mg	Orange	60	1570
	Orange	120	1571
<b>Cod Liver Oil</b> (TG) Per 1/2 Teaspoon: Omega-3s ..... 550 mg EPA ..... 200 mg DHA ..... 250 mg	Lemon	250 mL Liquid	1353
<b>Kid's DHA</b> (TG) Per 1/2 Teaspoon: Omega-3s ..... 550 mg EPA ..... 200 mg DHA ..... 250 mg	Lemon	250 mL Liquid	1850
<b>Teen's Smart Catch</b> ® (TG) Omega-3s ..... 1,460 mg EPA ..... 215 mg DHA ..... 1,135 mg	Orange	100 mL Liquid	1603
<b>The Very Finest Fish Oil</b> ™ (TG) Per 1/2 Teaspoon: Omega-3s ..... 800 mg EPA ..... 400 mg DHA ..... 250 mg	Lemon Orange	200 mL Liquid 200 mL Liquid	1543 1653

## Fish Oil Forms:

See front for more details

**TG:** Non-concentrated 100% natural triglyceride

**rTG:** Concentrated re-esterified triglycerides

**EE:** Concentrated ethyl esters

Order today:  
**888-234-5656**

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