

DIRECTIONS

For optimal results, **take one softgel per 25 pounds of body weight per day** up to a total of 12 or more as directed by a health care professional. For example, 200 lbs = 8 softgels per day; 125 pounds = 5 softgels per day. Adults take a minimum of four softgels daily.
Essential for pregnant and nursing women as directed by a health care professional.

SUPPLEMENT FACTS

Serving Size: 1 Softgel Capsule

Amount Per Serving		% Daily Value*
Calories:	10	
Calories from Fat	10	
Total Fat	0.9 g	1%
Saturated Fat	0.2 g	1%
Trans Fat	0 g	
Vitamin A (from purified fish liver oil)	500 IU	10%
Vitamin D3 (from purified fish liver oil)	250 IU	31%
Vitamin E (d-alpha tocopherol)	8 IU	27%
Vitamin K2 (MK-7 All-Trans Menaquinone-7)	8.5 mcg	†
EPA (Eicosapentanoic acid 20:5 omega 3) (from purified fish oils)	120 mg	†
DHA (Docosahexanoic acid 22:6 omega 3) (from purified fish oils)	120 mg	†
GLA (Gamma Linolenic Acid 18:3 omega 6) (from cold pressed borage seed oil)	30 mg	†
Total Tocotrienols (alpha, gamma, delta and beta)	14.1 mg	†
Alpha Tocotrienols	4.2 mg	†
Gamma Tocotrienols	5.4 mg	†
Total Tocopherols (alpha, beta, gamma, delta)	5.6 mg	†
Plant Squalene and Phytosterols Complex	1.8 mg	†
Astaxanthin (from algae <i>hematococcus pluvialis</i>)	1 mg	†

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

† Daily Value not established

Ingredients: Marine Lipid Concentrate, Buffalo Gelatin, Glycerin, Borage Oil, Yellow Beeswax, EVNol Palm Oil, Purified Water, Astaxanthin, Vitamin K2 MK7 Fish Liver Oil, Ultra-Pure Non-GMO Sunflower Lecithin