

# norwegian Fish 011

A Nutritional Guide

Choose Quality. Choose Carlson.



### **The Eskimo Paradox**

**Years ago,** scientists were perplexed by their discovery that the Greenland Inuit (Eskimo) population had healthy arteries, despite a diet rich in fatty foods such as salmon, whale, and seal meat. Additional research led them to discover the benefits of Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), the omega-3 components in fish oils.

Today, omega-3s are recognized as important nutrients that help to support and maintain healthy cells. EPA and DHA help to promote healthy cardiovascular, brain, nerve, vision, joint, skin, and immune system function.\*

## Why are Carlson Fish Oils Important?

Fish oil is the only naturally occurring major source of the polyunsaturated omega-3 fatty acids EPA and DHA. EPA and DHA are required by our bodies and aid in our well-being by promoting and supporting:\*

#### 🖌 Cardiovascular health

#### EPA and DHA help maintain:

- A healthy, stable heart
- Healthy blood vessels and circulation
- Arterial wall elasticity
- Healthy triglyceride levels

#### Brain and nerve health

#### DHA helps:

- Support cognitive function
- Enhance nerve transmission
  processes
- Protect neuron lifespan

#### Vision health

• DHA is found in the retina and is important for normal vision

#### Immune system health

• EPA and DHA support balanced, healthy immune responses

#### 🖌 Joint health

• EPA and DHA support healthy joints, promoting comfortable movement

#### 🖌 Skin health

 EPA and DHA help keep skin healthy and vibrant

## **Omega-3 Fatty Acids**

Docosahexaenoic Acid (DHA) Eicosapentaenoic Acid (EPA) Alpha-Linoleic Acid (ALA)



#### What are omega-3s?

Omega-3s are a type of fat found in oil-rich fish, including salmon, mackerel, sardines, and some plant oils. They are from the family of "good" fats, or polyunsaturated fatty acids (PUFAs), that are beneficial for our health and essential for our diets. The most effective omega-3s are EPA and DHA.\*

#### Why is the American diet low in EPA and DHA?

The typical American diet is high in saturated fats from meat products and low in omega-3 polyunsaturated fats from foods like fish and calamari. As a result, the average American consumes an inadequate amount of EPA and DHA. Those who follow a vegetarian diet have even lower levels of EPA and DHA because vegetables don't contain them, so vegetarians <u>must</u> rely on their bodies' limited ability to convert alpha linolenic acid (ALA) into EPA and DHA.

#### Why are fish oils preferable to flax?

While flax and soybeans are a wonderful source of ALA, the conversion efficiency of ALA to EPA and DHA is very low. Those who take fish oils bypass the need for extra conversion and experience immediate benefits.

#### Why is it important to take an omega-3 supplement?

Although our bodies have the ability to convert ALA to EPA and DHA, the efficiency of this conversion is very low, so we often don't get the amount of omega-3s our bodies need for optimal function. For this reason, omega-3s are recognized as "essential fats" because we must get them through our diets. However the average person doesn't get enough omega-3s through diet alone.\*

#### What is the recommended daily intake of omega-3s?

According to The American Heart Association:

"At least 2 servings of fish per week are recommended to confer cardioprotective effects."

AHA Dietary Guidelines. Kraus and other Circulation 2000; 102: 2284

Two 3.5-ounce servings of salmon contain approximately 500 mg each of EPA and DHA. Omega-3s are also naturally found in fish like halibut, sardines, and anchovies. Since most Americans don't eat the suggested amount, a fish oil supplement can be a great option.

## How many different fish oil forms are there, and what is the difference?

Fish oils are commonly available in 3 forms:

**Natural Triglyceride (TG):** Fish naturally contain the omega-3 fatty acids EPA and DHA as triglyceride esters (TG). Natural TG fish oils provide a maximum of 300 mg of combined EPA and DHA per 1,000 mg of oil (30% potency). These are the most common fish oils on the market, and some prefer them because of their natural form and close similarity to eating fish.

**Ethyl Ester (EE):** Since EPA and DHA concentration and ratio can't be altered in natural TG fish oils, the EE fish oil form was created. By removing the glycerol backbone of a TG fish oil, the result is three free fatty acids (FFAs) and a free glycerol molecule. An ethanol molecule can then be attached to each of the FFAs, creating EEs. The resulting EE fish oil allows for molecular distillation at reduced temperatures, creating new EPA and DHA ratios and concentrations greater than that found naturally in fish.

**Re-Esterified Triglyceride (rTG):** Re-esterified Triglycerides (rTG) are created when ethyl esters are freed from their attached ethanol groups and are once again bound to a glycerol backbone. rTGs retain the same potency and fatty acid ratios of their EE counterparts.

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

## Are Carlson fish oils in triglyceride (TG) or in ethyl ester form (EE)?

While there are 3 common forms of marine oils, Carlson fish oils currently fall into 4 categories:

- 1. Non-concentrated 100% natural triglycerides (TG)
- 2. Concentrated ethyl esters (EE)
- 3. Concentrated re-esterified triglycerides (rTG)
- 4. A mixture of both the natural TG form and the more potent EE form

**Please note:** Forms are listed after the product name throughout this nutritional guide.

#### Is one form better than the other?

No. Whether you choose a TG, EE, or rTG fish oil, your blood levels of EPA and DHA can be easily raised to optimal levels using minimal daily doses. Omega-3 supplements from fish oil are lifestyle supplements meant to be taken long-term for the benefits associated with an EPA and DHA red blood cell concentration above 8%. An appropriate dose of any form can achieve this goal and help maintain optimal omega-3 blood levels.\*

#### What does the term "pharmaceutical grade" mean?

"Pharmaceutical grade" is a term used as a marketing strategy for selling fish oil. This term can be placed on labels, literature, and advertisements regardless of quality. When it comes to fish oil, pharmaceutical grade has no defined standard.

#### What is molecular distillation?

Distillation is the process of heating a liquid mixture so the vapors condense and collect as separate liquids. Molecular distillation, also known as shortpath distillation, uses lower temperatures and a vacuum to separate and collect fish oil components. It can also be, but is not always, a process for contaminant removal.

#### Is the term "molecularly distilled" important to quality?

Molecular distillation is a useful process for preparing fish oil, but the method alone does NOT guarantee potency, purity, or quality.

#### **Does Carlson use molecular distillation?**

Yes. Molecular distillation is used in the purification and concentration steps of our fish oil products.

#### What types of fish does Carlson use?

Depending on the product, fish species used in Carlson fish oil products include Arctic cod, Atlantic salmon, sardines, anchovies, mackerel, tuna (in high-DHA fish oils only), and various species of squid.

#### What's the difference between fish oil and cod liver oil?

Cod liver oil contains vitamins A (in the form of vitamin A palmitate) and D (in the form of cholecalciferol) which are essential nutrients for adults and children. Vitamins A and D are found in cod liver oil, but not in fish body oil.

#### Are Carlson fish oils sustainably sourced?

Yes, all Carlson fish oils are sustainably sourced.

#### If fish oil makes me burp, is it rancid?

No. Burping is a normal response when eating, but it's more noticeable when it tastes like fish. The freshest fish oil in the world can still cause you to burp a fishy taste if the oil is unflavored. Flavored oils reduce the perception of burping because they remove the fishy flavor.

#### Can fish oils be taken with medication?

This question is best answered by your physician or pharmacist; however, if your medication allows for fish consumption, you should be able to take a normal dose of fish oil daily.

#### Are fish oils blood thinners?

Fish oils can prolong clotting times when taken in higher doses. Typically, combined EPA and DHA doses above 3,000 mg per day are required before this effect becomes significant.

## What is your highest potency capsule?

Elite EPA Gems is the highest potency, with 1 gram (1,000 mg) of EPA per soft gel.

## What is your highest potency liquid fish oil?

MedOmega is the highest potency liquid fish oil with 1.2 grams (1,180 mg) each of EPA and DHA per teaspoon.



### How are Carlson Fish Oils Processed?

We go to great lengths to ensure that our fish oils are pure and protected against oxidation. At Carlson, the following steps are taken.

### Original Fish Oil →

#### → De-acidification

Neutralizes the oil and removes free fatty acids, resulting in clearer fish oil that has less color, flavor, and odor

#### → Winterization

Removes solid fats that can cause cloudiness when the oil is refrigerated (note: some cloudiness may still result at cooler temperatures)

#### → Ultra Deodorization

Eliminates any leftover unwanted materials and is the last process in removing any fishy flavor or odor

### → Molecular Distillation

A gentle treatment under high vacuum that separates individual components and removes unwanted fat-soluble contaminants, such as PCB, dioxin, and pesticides, to enhance purity

#### → Decolorization

Increases shelf-life by mixing the fish oil with natural bleaching clay to further reduce color pigments, heavy metals, and other environmental pollutants

#### → Blending

All-natural vitamin E and our award-winning flavors are added to further enhance the fish oil

#### → Fresh, Potent, & Pure Fish Oil

All of these steps are essential to ensuring the high-quality of our fish oil products.



## Why Choose Carlson Fish Oils?

In 1965, John and Susan Carlson founded J.R. Carlson Laboratories, Inc., with a mission to provide the highest quality nutritional supplements backed by science. Today, over 50 years later, the next generation of Carlson upholds the same high standards. Every product Carlson makes is formulated based on scientific research and is supported with exceptional customer service and the Carlson commitment to quality and consumer education.

and if that isn't enough...

## Freshness, Potency, and Purity are *Guaranteed*

### Quality Assurance on Every Carlson Fish Oil Label:

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.



### **5-Star Rating**

RESHNES

PURITY GUARANTEED

# POTENC

**The International Fish Oil Standards™ program** is the only 3rd-party testing and certification program exclusively for fish oil supplements. This voluntary program tests the purity, potency, and freshness of fish oils. Carlson has received a 5-star rating on over 28 of our fish oils.



#### Friend of the Sea Certification

Friend of the Sea<sup>®</sup> is a non-profit, non-governmental organization, whose mission is marine habitat conservation. Known for their strict guidelines and procedures, Friend of the Sea is a leading international certification project. All Carlson suppliers hold Friend of the Sea certifications.

#### Choose Quality. Choose Carlson.

## Bottled in Norway for Maximum Freshness

Carlson regularly visits our Norwegian fish oil processing facilities and closely manages our fish oils from sea to shelf. We source only the highest quality, deep, cold-water fish using traditional, sustainable methods. Our fish are then transported to a highly-regulated Norwegian plant for purification. All of our liquid fish oils are bottled with a touch of natural vitamin E and are given a nitrogen flush to prevent oxidation and ensure long-lasting freshness. They're then shipped to the U.S. and tested in an FDA-registered laboratory for freshness, potency, and purity.



#### **Award-Winning Taste**

All flavors of our high-quality liquid fish oils have been honored with Superior Taste Awards from the renowned chefs and sommeliers of the International Taste & Quality Institute.

**Carlson Norwegian fish oils** are a great way to get the daily dose of omega-3s you need for overall health and well-being.\* Carlson fish oils come in a variety of delicious flavors including lemon, lemon-lime, orange, bubble gum, and fruit splash, as well as unflavored. While many enjoy their Carlson fish oils directly from the spoon, some prefer it added to a meal. On our website (www.carlsonlabs.com), you'll find some of the Carlson team's favorite recipes developed using the company's award-winning products.

#### Cod Liver Oil (TG) Omega-3s EPA & DHA

- Supports heart, brain, vision, and joint health\*
- 1,100 mg of omega-3 fatty acids
- Good source of vitamins A and D

Cod Liver Oil liquid, available in lemon, fruit splash, and regular flavor, has received several awards for its taste and quality.

1 Teaspoon Provides		
Vitamin A	850	IU
Vitamin D3	400	IU
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	10	IU
100% Norwegian Cod Liver Oil	4.6	g
Omega-3 Fatty Acids	1,100	mg
DHA (Docosahexaenoic Acid) 5		mg
EPA (Eicosapentaenoic Acid)	400	mg



Flavor	Size	Code
Lemon	250 ml	1351
	500 ml	1352
Fruit Splash	250 ml	1361
Unflavored	250 ml	1321
	500 ml	1322

### Did You Know?

EPA and DHA are the most important omega-3s in your diet, and you can get them from a variety of sources, including seafood, fortified foods, and dietary supplements.

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

#### Liquids



#### Norwegian Med Omega<sup>™</sup>(rTG) 2,700 mg Omega-3s | Professional Strength

- Promotes heart, brain, vision, and joint health\*
- Highly concentrated, balanced fish oil
- Provides the beneficial omega-3s EPA and DHA
- Processed and bottled in Norway for maximum freshness
- Wild caught and sustainably sourced
- · Available in award-winning lemon-lime flavor

1 Teaspoon Provides		01B-3c
Vitamin E (as d-alpha tocopherol)	10 mg	1
Omega-3 Fatty Acids	2,700 mg	
EPA (Eicosapentaenoic Acid)	1,180 mg	1
DHA (Docosahexaenoic Acid)	1,180 mg	1

Flavor	Size	Code
Lemon/Lime	100 ml	1701

#### The Very Finest Fish Oil (TG) **Omega-3s EPA and DHA**

- Supports heart, brain, vision, and joint health\*
- 1,600 mg of omega-3 fatty acids
- Naturally free of vitamins A and D
- Refreshing, lemon- or orange-flavored liquid
- Freshness, potency, and purity guaranteed

The Very Finest Fish Oil in lemon or orange flavor is free of vitamins A and D and has received numerous awards for its taste and quality.

1 Teaspoon Provides	
Vitamin E (as natural d-alpha tocopherol)	10 IU
Omega-3 Fatty Acids	1,600 mg
EPA (Eicosapentaenoic Acid)	800 mg
DHA (Docosahexaenoic Acid)	500 mg

Flavor	Size	Code
Lemon	200 ml	1540
	500 ml	1545
Orange	200 ml	1650
	500 ml	1655



### Did You Know?

Although we often hear Americans consume too much fat, we aren't eating enough of the right kind of fat. Consuming good fats, also known as omega-3s, is important for cardiovascular health.

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### Did You Know?

Since our bodies don't produce enough EPA or DHA on their own, we must get these important nutrients through fatty fish meals, such as salmon. If you don't eat at least two fatty fish meals per week, a fish oil supplement may be a great option.



#### Cod Liver Oil (TG) A Good Source of Vitamins A and D

- Supports heart, brain, vision, immune, and joint health\*
- 1,170 mg of Norwegian cod liver oil per daily serving
- Provides the omega-3s EPA and DHA
- Small, easy-to-swallow soft gels

3 Soft Gels Provide	
Vitamin A	3,750 IU
Vitamin D3	400 IU
Norwegian Cod Liver Oil	1,170 mg
EPA (Eicosapentaenoic Acid)	90 mg
DHA (Docosahexaenoic Acid)	105 mg

Flavor	Size	Code
Unflavored	100 Soft Gels	1311
	250 Soft Gels	1312



## Cod Liver Oil Gems<sup>™</sup> (TG)

#### **Lightly Lemon**

- Supports heart, brain, vision, immune, and joint health\*
- 1,000 mg of Norwegian cod liver oil per soft gel
- Provides the omega-3s EPA and DHA
- Chewable, light lemon flavor soft gels

1 Soft Gel Provides	
Vitamin A	150 IU
Vitamin D3	80 IU
Vitamin E (as natural d-alpha tocopherol)	2 IU
Norwegian Cod Liver Oil	1,000 mg
Total Omega-3 Fatty Acids	230 mg
EPA (Eicosapentaenoic Acid)	85 mg
DHA (Docosahexaenoic Acid)	100 mg

Flavor	Size	Code
Lightly Lemon	150 Soft Gels	1381
	300 Soft Gels	1383
	150 + 30 Soft Gels	1384

## Cod Liver Oil Gems<sup>™</sup> (TG)

- Supports heart, brain, vision, immune, and joint health\*
- 1,000 mg of Norwegian cod liver oil per soft gel
- Provides the omega-3s EPA and DHA
- Naturally low in vitamin A
- Light lemon flavor

1 Soft Gel Provides		-1 100
Vitamin A (from cod liver oil)	150 IU	Ľ
Vitamin D3 (from cod liver oil)	80 IU	
Vitamin E (as natural d-alpha tocopherol)	2 IU	
Norwegian Cod Liver Oil	1,000 mg	
Total Omega-3 Fatty Acids	230 mg	
EPA (Eicosapentaenoic Acid)	85 mg	l
DHA (Docosahexaenoic Acid)	100 mg	

Flavor	Size	Code
Lemon	150 Soft Gels	1391
	300 Soft Gels	1393

## Cod Liver Oil Gems<sup>™</sup> (TG)

#### Super 1,000 mg

- Supports heart, brain, vision, immune, and joint health\*
- 1,000 mg of Norwegian cod liver oil per soft gel
- Provides the omega-3s EPA and DHA
- High potency of vitamins A and D
- Unflavored soft gels

1 Soft Gel Provides		201 52
Vitamin A	2,000 IU	ľ
Vitamin D	400 IU	
Vitamin E (as natural d-alpha tocopherol)	10 IU	
Norwegian Cod Liver Oil	1,000 mg	
EPA (Eicosapentaenoic Acid)	80 mg	
DHA (Docosahexaenoic Acid)	100 mg	

Flavor	Size	Code
Unflavored	100 Soft Gels	1301
	250 Soft Gels	1302



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## EcoSmart<sup>®</sup> DHA 500 (EE)

#### **Sustainable Source**

• Promotes heart, brain, vision, and joint health\*

- Provides 500 mg of DHA per soft gel
- Sourced from an eco-friendly, highly sustainable form of calamari
- A Friend of the Sea® certified product
- Delicious lemon flavor

1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	10 IU
Norwegian Calamari Oil	1,000 mg
Total Omega-3 Fatty Acids	550 mg
DHA (Docosahexaenoic Acid)	500 mg
EPA (Eicosapentaenoic Acid)	50 mg

Flavor	Size	Code
Lemon	60 Soft Gels	1816
	60 + 20 Soft Gels	1814
	120 Soft Gels	1811



#### EcoSmart®Omega-3 (EE) 🌉 **Sustainable Source**



- Promotes heart, brain, vision, and joint health\*
- Provides 500 mg of EPA and DHA per soft gel
- Sourced from an eco-friendly, highly sustainable form of calamari
- A Friend of the Sea® certified product
- Delicious lemon flavor

1 Soft Gel Provides		-1 100
Vitamin E (as natural d-alpha tocopherol)	10 IU	,
Norwegian Calamari Oil	1,000 mg	
Omega-3 Fatty Acids	500 mg	
DHA (Docosahexaenoic Acid)	360 mg	
EPA (Eicosapentaenoic Acid)	140 mg	

Flavor	Size	Code
Lemon	90 Soft Gels	1801
	90 + 30 Soft Gels	1804
	180 Soft Gels	1802

### Elite EPA Gems<sup>®</sup> (FF)

#### 1,000 mg EPA

- Helps maintain triglyceride levels already within normal range\*
- Supports cardiovascular, joint, and mood health\*
- Easy-to-swallow soft gels

1 Soft Gel Provides		686-2a
Vitamin E (as natural d-alpha tocopherol)	10 IU	[
Fish Oil Concentrate	1,250 mg	
Total Omega-3 Fatty Acids	1,013 mg	
EPA (Eicosapentaenoic Acid)	1,000 mg	





#### Elite Omega-3 Gems<sup>®</sup>(EE) 800 mg Omega-3s

- Promotes heart, brain, vision, and joint health\*
- Delicious lemon-flavor soft gels
- Easy-to-swallow soft gels

1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	10 IU
Norwegian Fish Oil	1,250 mg
Total Omega-3 Fatty Acids	800 mg
EPA (Eicosapentaenoic Acid)	400 mg
DHA (Docosahexaenoic Acid)	300 mg



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#### Mother's DHA (rTG) 500 mg of DHA

- Supports brain and vision health in mom and baby\*
- Enhances breast milk quality post-pregnancy\*
- Provides 500 mg of DHA per soft gel

#### 1 Soft Gel Provides

Vitamin E (as natural d-alpha tocopherol)	10 IU
Fish Body Oil Concentrate	1,000 mg
DHA (Docosahexaenoic Acid)	500 mg
EPA (Eicosapentaenoic Acid)	100 mg

Flavor	Size	Code
Unflavored	60 Soft Gels	1560
	120 Soft Gels	1561



#### Omega 3.6.9 (rTG) with Borage Oil

- Promotes heart, brain, vision, and joint health\*
- A balanced ratio of omega-3 and omega-6, plus
- omega-9 from borage seed oil
- Vitamin D3 and natural-source vitamin E included

2 Soft Gels Provide	
Vitamin D3 (as cholecalciferol)	2,000 IU
Vitamin E (as natural d-alpha tocopherol)	200 IU
Total Omega-3s (from Norwegian fish oil)	400 mg
EPA (Eicosapentaenoic Acid)	266 mg
DHA (Docosahexaenoic Acid)	134 mg
Omega-6 (Gamma Linolenic Acid from borage seed oil)	400 mg
Omega-9 (Oleic Acid from borage seed oil)	300 mg

Flavor	Size	Code
Lemon	90 Soft Gels	1731
	180 Soft Gels	1733

### Salmon Oil (TG & EE) Norwegian

#### Omega-3s EPA & DHA

- Promotes heart, brain, vision, and joint health\*
- 1,000 mg of omega-3s per daily serving

2 Soft Gels Provide		501-4b
Vitamin E (as natural d-alpha tocopherol)	20 IU	=
Total Omega-3 Fatty Acids	500 mg	
EPA (Eicosapentaenoic Acid)	220 mg	
DHA (Docosahexaenoic Acid)	180 mg	

Flavor	Size	Code
Unflavored	50 Soft Gels	1502
	180 Soft Gels	1501
	180 + 50 Soft Gels	1504
	300 Soft Gels	1505



#### Salmon Oil Complete<sup>™</sup> (TG & EE) Virgin • Norwegian

#### Omega-3s EPA & DHA with Astaxanthin

- Promotes heart, brain, vision, and joint health\*
- Provides the complete profile of 15 different fatty acids, including omega-6, 7, and 9
- Provides the antioxidant carotenoid astaxanthin

2 Soft Gels Provide	
Vitamin E (as natural d-alpha tocopherol)	20 IU
Virgin Salmon Oil	2,500 mg
Total Omega-3 Fatty Acids	700 mg
EPA (Eicosapentaenoic Acid)	250 mg
DHA (Docosahexaenoic Acid)	220 mg
Omega-6s (Dihomo-gamma-linolenic Acid, Eicosadienoic Acid, Gamma-linolenic Acid, Linoleic Acid)	200 mg
Omega-7 (Palmitoleic Acid)	80 mg
Omega-9 (Eicosenoic Acid, Nervonic Acid, Oleic Acid)	600 mg
Astaxanthin	4 mcg

Flavor	Size	Code
Unflavored	60 Soft Gels	1830
	120 Soft Gels	1831
	120 + 60 Soft Gels	1834
	240 Soft Gels	1832



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#### Salmon Oil and GLA (TG & EE) Omega-3s plus GLA from Borage Seed Oil

Promotes heart, brain, vision, and joint health\*

- Promotes healthy prostaglandin balance\*
- 825 mg of salmon oil per soft gel
- Easy-to-swallow soft gels

1 Soft Gel Provides	· ·	510.74
Vitamin E (as natural d-alpha tocopherol)	10 IU	ľ
Norwegian Salmon Oil	825 mg	
EPA (Eicosapentaenoic Acid)	85 mg	]
DHA (Docosahexaenoic Acid)	70 mg	1
GLA (Gamma Linolenic Acid)(from borage seed oil)	40 mg	1

Flavor		Size	Code
Unflavored	60	Soft Gels	1510
	120	Soft Gels	1511
	240	Soft Gels	1512

#### Contractions Co

#### Super DHA Gems<sup>®</sup> (rTG) 500 mg of DHA

- Promotes heart, brain, vision, and joint health\*
- Supports healthy cell signaling\*
- Sourced from deep, pristine waters

1 Soft Gel Provides		552-1r
Vitamin E (as natural d-alpha tocopherol)	10 IU	-
Fish Body Oil Concentrate	1,000 mg	
DHA (Docosahexaenoic Acid)	500 mg	
EPA (Eicosapentaenoic Acid)	100 mg	

Flavor	Size	Code
Unflavored	60 Soft Gels	1550
	60 + 20 Soft Gels	1554
	180 Soft Gels	1552
	240 Soft Gels	1553

## Super Omega-3 Gems<sup>®</sup> (EE) 500 mg EPA & DHA

- Promotes heart, brain, vision, and joint health\*
- Available in beef and fish gelatin soft gels
- 1,000 mg of fish oil per soft gel

1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	10 IU
Norwegian Fish Oil Concentrate	1,000 mg
Total Omega-3 Fatty Acids	600 mg
EPA (Eicosapentaenoic Acid)	300 mg
DHA (Docosahexaenoic Acid)	200 mg



521-1f

Fish Gelatin Soft Gels			
Flavor	Size	Code	
Unflavored	50 Soft Gels	1530	
	100 Soft Gels	1531	
	100 + 30 Soft Gels	1534	
	180 Soft Gels	1532	

#### The Very Finest Fish Oil<sup>™</sup> (TG) Omega-3s EPA & DHA

- Promotes heart, brain, vision, and joint health\*
- 350 mg of omega-3s per soft gel
- Delicious lemon and orange flavors
- May be chewed

1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	10 IU
Norwegian Fish Oil	1,000 mg
Total Omega-3 Fatty Acids	350 mg
EPA (Eicosapentaenoic Acid)	180 mg
DHA (Docosahexaenoic Acid)	120 mg

Flavor	Size	Code
Lemon	120 Soft Gels	1631
	120 + 30 Soft Gels	1634
	240 Soft Gels	1632
Orange	120 Soft Gels	1641
	120 + 30 Soft Gels	1644
	240 Soft Gels	1642
	Lemon	Lemon      120 Soft Gels        120 + 30 Soft Gels      240 Soft Gels        Orange      120 Soft Gels        120 + 30 Soft Gels      120 Soft Gels



631-2a



#### Fish Oil Multi<sup>™</sup> (TG) **Omega-3s with Vitamins & Minerals**

• Promotes heart, brain, vision, and joint health\*

- Iron-free formula with essential vitamins and minerals
- Provides 400 mg of fish oil
- Contains lutein, important for healthy vision\*

1 Soft Gel Provides	
Vitamin A (100% as beta carotene)	5,000 IU
Vitamin C (from calcium ascorbate)	300 mg
Vitamin D3 (as cholecalciferol)	800 IU
Vitamin E (as d-alpha tocopherol from soy)	200 IU
Thiamin (Vitamin B-1)(from thiamin HCl)	7.5 mg
Riboflavin (Vitamin B-2)	8.5 mg
Niacin (as niacinamide)	20 mg
Vitamin B-6 (as pyridoxine HCl)	10 mg
Folate (folic acid)	200 mcg
Vitamin B-12 (as cyanocobalamin)	60 mcg
Biotin	150 mcg
Pantothenic Acid (from d-calcium pantothenate)	20 mg
Calcium (from calcium ascorbate and d-calcium pantothenate)	35 mg
lodine (from potassium iodide)	150 mcg
Magnesium (from magnesium oxide)	50 mg
Zinc (from zinc glycinate chelate)	7.5 mg
Selenium (from selenomethionine)	105 mcg
Copper (from copper glycinate and copper carbonate)	1 mg
Manganese (from manganese glycinate chelate)	1.5 mg
Chromium (from chromium nicotinate)	120 mcg
Molybdenum (from molybdenum glycinate)	37.5 mcg
Lutein	400 mcg
Phosphatidyl Choline	25 mg
Boron (from boron amino acid chelate)	1 mg
Vanadium (from Bis-Maltolato Oxo Vanadium)	200 mcg
Norwegian Fish Oil	400 mg
EPA (Eicosapentaenoic Acid)	65 mg
DHA (Docosahexaenoic Acid)	45 mg

Flavor	Size	Code
Unflavored	60 Soft Gels	1580
	120 Soft Gels	1581
	180 Soft Gels	1582

#### Fish Oil Q<sup>™</sup> (EE) CoEnzyme Q<sub>10</sub> 100 mg

Combines the benefits of the omega-3s EPA and DHA, found in fish oil, and co-enzyme Q<sub>10</sub> into one convenient soft gel.

#### EPA and DHA:

- Promote healthy blood lipid levels\*
- Support arterial wall elasticity\*
- Help maintain blood vessel health for circulation\*
- Help maintain a healthy, stable heartbeat\*

#### Co-Q<sub>10</sub>

- Promotes heart health\*
- Supports energy production on the cellular level\*

1 Soft Gel Provides	
Norwegian Fish Oil	1,000 mg
EPA (Eicosapentaenoic Acid)	300 mg
DHA (Docosahexaenoic Acid)	200 mg
CoEnzyme Q10	100 mg

Flavor	Size	Code
Unflavored	60 Soft Gels	1673
	120 Soft Gels	1676



### Did You Know?

In the United States, men only get about 50% of the omega-3s they need daily and women get only about 40%.





### Kid'S Cod Liver Oil (TG) Omega-3s EPA & DHA

• Promotes heart, brain, vision, and joint health\*

- 550 mg of omega-3s per ½ teaspoonful
- Contains vitamins A and D
- Delicious lemon and bubble gum flavors

<sup>1</sup> / <sub>2</sub> Teaspoon Provides	
Vitamin A	425 IU
Vitamin D3	200 IU
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	5 IU
100% Norwegian Cod Liver Oil	2.3 g
Omega-3 Fatty Acids	550 mg
DHA (Docosahexaenoic Acid)	250 mg
EPA (Eicosapentaenoic Acid)	200 mg

Flavor	Size	Code
Lemon	250 ml	1353
Bubble Gum	250 ml	1363

#### Conformation Co

<b>kiďs</b>	
Chewable DHA (TG)	
Omega-3s	

- Promotes heart, brain, vision, and joint health\*
- 600 mg of fish oil per soft gel
- Delicious orange-flavored, chewable soft gels

1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	10 IU
Fish Body Oil	600 mg
DHA (Docosahexaenoic Acid)	100 mg
EPA (Eicosapentaenoic Acid)	50 mg

Flavor	Size	Code
Orange	60 Soft Gels	1570
	120 Soft Gels	1571

### Kid'S The Very Finest Fish Oil (TG) 800 mg Omega-3s

- Promotes heart, brain, vision, and joint health\*
- Naturally free of vitamins A and D
- Delicious lemon and orange flavors

<sup>1</sup> / <sub>2</sub> Teaspoon Provides	
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	5 IU
Omega-3 Fatty Acids	800 mg
EPA (Eicosapentaenoic Acid)	400 mg
DHA (Docosahexaenoic Acid)	250 mg

Flavor	Size	Code
Lemon	200 ml	1543
Orange	200 ml	1653



#### **Teen** Smart Catch<sup>®</sup> (TG) Omega-35 EPA & DHA

- Promotes healthy brain function and vision\*
- 350 mg of omega-3s per soft gel
- Delicious lemon-flavored soft gels

1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	10 IU
Norwegian Fish Oil	1,000 mg
Total Omega-3 Fatty Acids	350 mg
DHA (Docosahexaenoic Acid)	120 mg
EPA (Eicosapentaenoic Acid)	180 mg

Flavor	Size	Code
Lemon	90 Soft Gels	1611
	180 Soft Gels	1612

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



### AT A GLANCE: Forms & Omega-3s

AT A GLANCE: Forms & Omega-3
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Liq	Liquids Per Serving							
Page/Name		Form	Omega-3s	EPA	DHA			
9	<b>Cod Liver Oil</b> Fresh, pure Norwegian cod liver oil, rich in vitamins A and D.	TG	1,100 mg	400 mg	500 mg			
10	Med Omega™ A highly-concentrated, professional- strength fish oil formula.	rTG	2,800 mg	1,200 mg	1,200 mg			
11	<b>The Very Finest Fish Oil</b> <sup>™</sup> Provides 1,600 mg of high-quality Norwegian fish oil.	TG	1,600 mg	800 mg	500 mg			
Soft Gels Per Serving								
Page/Name		Form	Omega-3s	EPA	DHA			
12	<b>Cod Liver Oil</b> Providing 300% more cod liver oil than most other soft gels.	TG	1,170 mg	90 mg	105 mg			
12	Cod Liver Oil Gems <sup>™</sup> Lightly Lemon Provides vitamins A and D and the important omega-3s EPA and DHA.	TG	230 mg	85 mg	100 mg			
13	Cod Liver Oil Gems <sup>™</sup> Low Vitamin A Low in vitamin A with vitamin D and the omega-3s EPA and DHA.	TG	230 mg	85 mg	100 mg			
13	Cod Liver Oil Gems <sup>™</sup> Super 1,000 Provides 2,000 IU of vitamin A per serving and 1,000 mg of cod liver oil.	TG	180 mg	80 mg	100 mg			
14	<b>EcoSmart<sup>®</sup> DHA 500</b> An eco-friendly, calamari oil with DHA to support brain and nervous system health.*	EE	550 mg	50 mg	500 mg			
14	<b>EcoSmart<sup>®</sup> Omega-3</b> An eco-friendly, Friend of the Sea-certified, calamari oil.	EE	500 mg	140 mg	360 mg			
15	Elite EPA Gems® Provides 1,000 mg of EPA to support cardiovascular health.*	EE	1,013 mg	1,000 mg	NA			
15	Elite Omega-3 Gems® Contains 800 mg of omega-3s per serving and vitamin E for overall health.*	EE	800 mg	400 mg	300 mg			
16	<b>Mother's DHA</b> Supports brain and vision health in mom and baby	rTG	600 mg	100 mg	500 mg			
16	<b>Omega-3-6-9</b> Provides balanced ratios of omega-3 and 6, plus omega-9 for optimal health.*	rTG	400 mg	266 mg	134 mg			

Sof	ft Gels		Р	er Serving	
Page	/Name	Form	Omega-3s	EPA	DHA
17	Salmon Oil Promotes cardiovascular system, brain, vision, and joint health.*	TG & EE	500 mg	220 mg	180 mg
17	Salmon Oil Complete™ Offers a full range of omegas, providing 15 different fatty acids.	TG & EE	700 mg	250 mg	220 mg
18	Salmon Oil and GLA Salmon Oil and GLA promote healthy prostaglandin balance.*	TG & EE	155 mg	85 mg	70 m
18	Super DHA Gems® Provides DHA, which supports brain and nervous system health.*	rTG	600 mg	100 mg	500 m
19	Super Omega-3 Gems® Contains 1 g of concentrated fish body oil from deep, coldwater fish.	EE	600 mg	300 mg	200 m
19	Super Omega-3 Gems® (Fish Gelatin) A fish gel capsule makes this fish oil a great option for pescetarians.	EE	600 mg	300 mg	200 m
19	The Very Finest Fish Oil <sup>™</sup> Flavored fish oil soft gels can be chewed or swallowed.	TG	350 mg	180 mg	120 m
Fis	h Oil Multiple Formulas		Р	er Serving	
Page	/Name	Form	Omega-3s	EPA	DHA
20	Fish Oil Multi™ A strong, iron-free formula with vitamins, minerals, lutein, and fish oil.	TG	110 mg	65 mg	45 m
21	<b>Fish Oil Q</b> <sup><math>M</math></sup> Combines fish oil with co-enzyme Q <sub>10</sub> for optimal body and cell function.*	EE	500 mg	300 mg	200 m
Cai	rlson for Kids® & Teens		Р	er Serving	
Page	/Name	Form	Omega-3s	EPA	DHA
22	<b>Cod Liver Oil</b> (Liquid) A children's omega-3 liquid formula rich in vitamins A and D.	TG	550 mg	200 mg	250 m
22	<b>Chewable DHA</b> (Soft Gel) Orange flavored chewable provides DHA, which supports vision and nerve health.*	TG	150 mg	50 mg	100 m
23	The Very Finest Fish Oil™ (Liquid) 800 mg of omega-3s supports brain and vision health in growing children.*	TG	800 mg	400 mg	250 m
23	Smart Catch <sup>®</sup> (Soft Gel) Provides teens with the important omega-3s	TG	350 mg	180 mg	120 m

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Dedicated to providing you with the highest quality nutritional supplements for over 50 years.



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