

**Directions:** As a dietary supplement, take one or more softgels daily.

This product contains omega-3 fatty acids, and has passed quality control tests for mercury, lead and cadmium purity. Omega-3 fatty acids promote healthy cardiovascular function, and may help support healthy cholesterol and triglyceride levels within a normal range. They may also support a healthy inflammatory response in your body.†

No sugar, salt, starch, yeast, corn, lactose, gluten, milk, egg products, artificial coloring, flavoring, or preservatives added.

Store in a cool, dry place. Do not refrigerate. Please recycle.

**KEEP OUT OF THE REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL UNDER CAP IS BROKEN OR MISSING.**

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



**viva**<sup>™</sup>  
vitamins

# OMEGA 3 FATTY ACIDS

WITH LEMON OIL (NO 'FISH BURPS')

regular strength



heart healthy

300 mg Omega-3 Fatty Acids

Promote healthy  
cardiovascular function†

250 softgels  
dietary supplement

## Supplement Facts

Serving Size: 1 Softgel

Servings Per Container: 250

	Amount Per Serving	%DV
Calories	9	
Calories from Fat	9	
Total Fat	1 g	
Saturated fat	0.1 g	
Polyunsaturated fat	1.1 g	
Monounsaturated fat	0.2 g	
Cholesterol	1 mg	
Vitamin E (as d-alpha tocopherol)	2 IU	7
Fish Oils	1,000 mg	**
Total Omega-3 Fatty Acids	300 mg	
Eicosapentaenoic Acid (EPA)	180 mg	**
Docosahexaenoic Acid (DHA)	120 mg	**
Lemon Oil	10 mg	**

\* Percent Daily Value is based upon a 2,000 calorie diet.

\*\* Daily value not established.

**Other Ingredients:** Gelatin, glycerin and water.

**Contains:** Fish

©2010 Manufactured exclusively for Viva Vitamins™

16201 Lindbergh Street, Van Nuys, CA 91406

for more information visit [www.vivavitamins.com](http://www.vivavitamins.com)

**MADE IN THE USA GMP COMPLIANT MANUFACTURING**

Viva Vitamins™ fully guarantees the potency of this product through: