

The Delicious Way to Omega Health



**NORDIC[®]
NATURALS** 
Pure and Great Tasting Omega Oils

With Nordic Naturals, good health comes with great taste!

Fishy taste and “repeat” are the most common objections for taking fish oil supplements. Despite the array of health benefits gained from adding fish oils to your daily diet, many people have shied away from fish oils due to poor taste and repeat.

Nordic Naturals has perfected fish oils by offering great taste, purity and unmatched freshness levels. We have eliminated fishy taste and repeat — in fact, our purified, fruity fish oils taste so great, even kids ask for more!

Here's why:

We're fresh. Freshness is crucial for several reasons. It eliminates the key complaints of fishy taste and fishy repeat. Burping usually indicates an oil has become oxidized. Oxidized oils are unpleasant and can not be easily absorbed by the body. Nordic Naturals' patented and oxygen-free technology eliminates oxidation or “rancidity”.

Low peroxide value may be the key reason so many people, who previously did not benefit from fish oil supplementation, report extraordinary results when using the Nordic Naturals brand.

For more information, visit us at www.nordicnaturals.com

Look for the wave at a store near you!

Your heart is healthy, your mind is sharp, you've been taking your fish oils.

Fish oil provides Essential Fatty Acids (EFAs), nutrients we must get from our diet. **We need EFAs daily to:**

- Maintain energy production, circulatory health and a healthy metabolism*
- Support cellular communication, immune function, nervous system, reproduction and fertility*
- Nourish the active tissues of our bodies, such as the brain and eyes (which are comprised of over 20% DHA), heart, kidneys and adrenal glands
- Help promote a positive mood and well-being*
- Support healthy visual and brain development during pregnancy and lactation*
- Support learning and cognitive development in children*
- Support a healthy inflammatory response

Have you had your EFAs today?

Most people do not get enough EFAs. In fact a recent research paper published by the CRN (Counsel for Responsible Nutrition) predicts that 75% of the US population is completely deficient in the important Omega-3 fatty acids EPA and DHA. Without adequate Omega-3 and Omega-6 fatty acids, **deficiency symptoms can develop including:**

- | | |
|--------------------|--|
| ■ Fatigue | ■ Immune weakness |
| ■ Poor memory | ■ Reproductive problems (<i>men and women</i>) |
| ■ Heart concerns | ■ Dry skin or hair loss |
| ■ Poor circulation | ■ Mood swings |



Fish oil contains the Omega-3 fatty acids Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA). Borage and Evening Primrose oils (EPO) contain the Omega-6 fatty acids Linoleic Acid (LA) and Gamma Linolenic Acid (GLA).

EPA healthy heart and body

EPA is the “director” of prostaglandins helping to calm, protect and...

- Maintain a healthy heart and circulatory system*
- Lower harmful homocysteine levels*
- Support proper immune function*

DHA healthy mood, mind and memory

DHA feeds our brain, eyes and nervous system.

20–30% of our brain is made up of DHA. Therefore, DHA...

- Is essential for memory, cognitive function and learning*
- Promotes positive mood and well-being*
- Supports healthy fetal and infant brain development*

Note: Physicians recommend DHA for pregnant and lactating women.

Mother's milk is rich in DHA.

GLA healthy skin, hair and hormones

GLA functions as the “balancer” by assisting the body to...

- Promote beneficial hormone-like prostaglandins that regulate swelling*
- Promote positive mood*
- Nourish hair and skin*
- Support healthy joints*
- Maintain normal body fat metabolism*

Most countries recommend that adults consume at least 1–2 grams of Omega-3s daily. Though there is not yet a “daily value” established in the United States, health care professionals agree that we need EFAs daily.

*The statements in this brochure have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

WHICH PRODUCT IS BEST FOR YOU?

To access the full body of research on Omega fatty acids, please visit www.omega-research.com.

	Omega-3 caps/liquid	Ultimate caps/liquid	Complete caps/liquid	Arctic CLO caps/liquid	Arctic-D CLO caps/liquid	Children's DHA & Berry Keen	Omega-3-6-9 Junior	DHA formula	Omega Woman	EPA/EPA Extra
Children's Health										
Kids 3-7					✓					
'Tween & Teen				✓		✓				
Heart Health										
Maintenance	✓			✓						
Proactive support		✓								✓
Mental Fitness										
Better mood				✓				✓		
Cognition & aging		✓						✓		
Learning & memory				✓				✓		
Immune support										
Seasonal	✓			✓						
Chronic/Acute		✓								
Women's Health										
Pregnancy & breastfeeding				✓				✓		
Pre-menopause	✓							✓		
Post-menopause				✓				✓		
Senior Living										
Proactive support		✓		✓						
Specific Areas										
Good vision								✓		
Flexible joints		✓	✓							
Strong bones		✓		✓						✓
Clear skin			✓							

Omega-3 pg. 7

Ultimate.....pg.12

Complete.....pg.10

Arctic CLO pg. 8

Arctic-D CLO.....pg. 9

Children's DHA ...pg.17

Berry Keen.....pg.19

Omega-3-6-9 Jr....pg.18

DHA.....pg.16

Omega Woman ...pg.13

EPA pg.14

EPA Xtra.....pg.15

For supplement facts please refer to pages 23–26.



WHICH PRODUCT IS BEST FOR YOU?

NO NEED TO WORRY ABOUT ENVIRONMENTAL TOXINS

You may have heard that some fish oils may contain environmental toxins. You can rest assured that Nordic Naturals is a brand you can trust.

Environmental toxins include a large number of different substances and are categorized into dioxins and furans, PCBs (Polychlorinated biphenyls), HCB (hexachlorobenzene), pesticides and heavy metals. Unrefined fish oils may contain environmental toxins, so it's important to only use refined oils such as Nordic Naturals.

Our leading-edge refining technique reduces any potential toxins to undetectable amounts. Nordic Naturals additionally performs Tri-gar™ testing, where the raw material, refined oil and finished product are all tested to confirm the absence of environmental toxins. Our products consistently test far below acceptable national and international pharmaceutical limits. We focus exclusively on developing ultra-pure and fresh fish oil products by overseeing the fish oil manufacturing process from the ocean to the finished product.

OUR POLICY ON “OVERFISHING”

Overfishing refers to the depletion of particular types of fish in specific waters. We are greatly concerned about this issue and have been monitoring the hot spots of overfishing since our inception ten years ago. Our firm policy has always been to utilize fish species that are not endangered and to harvest them from waters that are not overfished. Nordic Naturals also ensures that the fish harvested are utilized 100% for human or animal consumption.

The easy way to get your Omega-3s every day.

Nordic Naturals Omega-3 fish oil supplies EPA and DHA, which support a healthy cardiovascular system, sharpen the mind, enhance the mood and even help manage the negative effects of occasional stress.* Designed to maintain healthy levels of EPA and DHA in the body, this product is a pure and non-concentrated oil, with all of its natural constituents still intact.

Each 2-capsule serving supplies:

330 mg EPA
220 mg DHA
140 mg other Omega-3s
30 I.U. vitamin E

Each 1 teaspoon supplies:

825 mg EPA
550 mg DHA
350 mg other Omega-3s
5 I.U. vitamin E

Supports:

- Cardiovascular health and neurological function*
- Mind and mood enhancement*
- Stress management*
- Healthy Omega-3 (EPA and DHA) nutrient levels

Burst of lemon!



Also available
in 120 capsules.

See supplement
facts on page 23.

The unique

100% Arctic Cod Liver Oil!

Unlike other fish oils, our Arctic Cod Liver Oil is made exclusively from Arctic cod. It contains the highest Omega-3 level of any cod liver oil and is tested to ensure healthy levels of 100% naturally occurring vitamins A and D. Arctic Cod Liver Oil has been awarded "best-tasting" by the American Culinary Institute.

Supports:

- With naturally existing vitamins A & D
- Mood health*
- Nourished skin*
- Brain and visual development*
- Joint mobility and maintenance*
- Cell membrane health*

Each 2- capsule serving supplies:

164 mg EPA
250 mg DHA
90 mg other Omega-3s
600–1100 I.U. vitamin A*
2–16 I.U. vitamin D
30 I.U. vitamin E

Each teaspoon supplies:

410 mg EPA
625 mg DHA
225 mg other Omega-3s
1500–2750 I.U. vitamin A*
5–40 I.U. vitamin D
5 I.U. vitamin E



Great fruit flavors!

Also available in 16 oz. orange and lemon flavored, 8 oz. lemon, peach and unflavored, and single serving orange flavored travel packs. Lemon flavored capsules coming soon! See supplement facts on page 23.

Some call it “Liquid Sunshine”

The original cod liver oils produced across the world contained standardized levels of both vitamins A & D and were sold as medicine that could help prevent a variety of deficiency related diseases, such as rickets.

Once again, there is some concern that people are not getting adequate levels of vitamin D, due to the dark Winter months, consistent use of sun block or even with people that have naturally high levels of melanin.

Nordic Naturals now offers Arctic-D which has added natural vitamin D for those concerned that they may not be meeting their daily value.

Each teaspoon supplies:

410 mg EPA
625 mg DHA
225 mg other Omega-3s
1500-2750 I.U. vitamin A*
400 I.U. vitamin D
5 I.U. vitamin E

Vitamin D plays an important role in:

- Mood
- Bone strength
- Skin health
- Oral health

Burst of lemon!



♦ *Did you know that Nordic Naturals does not add synthetic vitamin A to their Cod Liver Oil products.*

See supplement facts on page 23.



The omega "multiple" – providing a balance of Omega-3, Omega-6 and Omega-9.

Complete Omega combines EPA and DHA from Arctic deep-sea fish oil and GLA from sweet Borage oil. It helps increase energy levels and mental clarity, while decreasing athletic recovery time and supporting joint flexibility.*

Supports:

- Joint health*
- Beneficial prostaglandin health
- Increased insulin receptor benefits
- Nourished skin, hair and nails

Each 1 teaspoon supplies:

- 675 mg EPA
- 450 mg DHA
- 287 mg other Omega-3s
- 350 mg LA (Omega-6)
- 165 mg GLA (Omega-6)
- 470 mg Oleic acid (Omega-9)
- 5 I.U. vitamin E

Each 2-capsule serving supplies:

- 270 mg EPA
- 180 mg DHA
- 115 mg other Omega-3s
- 140 mg LA (Omega-6)
- 66 mg GLA (Omega-6)
- 188 mg Oleic acid (Omega-9)
- 30 I.U. vitamin E

Burst of lemon!

Complete Omega is not recommended for pregnant or lactating women. Also available in 120 capsules. See supplement facts on page 24.



Omega-3s on the go: for traveling, work, or anywhere!

Keep feeling your best anywhere, with the Omega-3 single-serve packets. Omega-3 Singles stay 100% fresh until you're ready to open them, so you get all the benefits of Omega health — anywhere. No refrigeration required.

Each Omega-3 packet supplies:

825 mg EPA
550 mg DHA
350 mg other Omega-3s
5 I.U. vitamin E

Each Arctic CLO packet supplies:

410 mg EPA
625 mg DHA
225 mg other Omega-3s
1500–2750 I.U. vitamin A
5–40 I.U. vitamin D
8 I.U. vitamin E

Each Complete Omega packet supplies:

675 mg EPA
450 mg DHA
287 mg other Omega-3s
350 mg LA (Omega-6)
165 mg GLA (Omega-6)
470 mg Oleic acid (Omega-9)
5 I.U. vitamin E

*30 individual, one teaspoon
serving packets per box.
See supplement facts on pages 24–25.*

Burst of lemon and orange!



Double the EPA and DHA for “mega dose” needs.

The new Ultimate Omega packs a “mega dose” of EPA and DHA per serving. This high concentration Omega-3 product offers the same EPA to DHA ratio used in a recent depression study. It is ideal for meeting the American Heart Association’s recommendation of 2 to 4 grams of EPA and DHA daily for people with elevated triglycerides.¹

1. Kris-Etherton P, Harris W, Appel L, for the AHA Nutrition Committee. Omega-3 Fatty Acids and Cardiovascular Disease: New Recommendations from the American Heart Association. *Arterioscler Thromb Vasc Biol* 2004;23:151-152.

Supports:

- Cardiovascular health*
- Mood health*
- Joint and tissue health*

Each 2-capsule serving supplies:

650 mg EPA
450 mg DHA
180 mg other Omega-3s
30 I.U. vitamin E

Each 1/2 teaspoon supplies:

813 mg EPA
563 mg DHA
225 mg other Omega-3s
9 I.U. vitamin E

Burst of lemon!

Also available in 120 capsules.
See supplement facts on pages 24–25.



A product that works as hard as *YOU* do!

Created for women of all ages, Omega Woman is an Evening Primrose supplement that helps ease hormonal symptoms and related skin afflictions.* Omega Woman blends GLA from organic Evening Primrose oil with just the right amount of EPA and DHA from deep sea fish, so you get all the benefits without potential Omega-6 induced inflammation.

Promotes hormonal precursor prostaglandins 1 and 3 to support:

- Hormonal balance for pre, peri and post-menopausal symptoms*
- PMS (bloating and cramping) relief*
- Mood*
- Healthy skin and hair*
- Metabolism

Each 2-capsule serving supplies:

- 33 mg EPA
- 22 mg DHA
- 800 mg Evening Primrose Oil
- 76 mg GLA
- 15 I.U. vitamin E

*Omega Woman is not recommended
for pregnant or lactating women.
See supplement facts on pages 25.*

Burst of lemon!



EPA for healthy inflammatory response.*

EPA is the portion of fish oil that functions as a prostaglandin "director". Once ingested EPA works on the cellular level to activate the body's calming prostaglandins to promote healthy inflammatory response.*

Supports:

- Joint mobility and flexibility*
- Improved blood viscosity*
- Cardiovascular and lung health*
- Immune function*
- Colon health*

Each 2-capsule serving supplies:

850 mg EPA
200 mg DHA
180 mg other Omega-3s
30 I.U. vitamin E



Burst of lemon!

See supplement facts on pages 24.

Love to support your heart?

Protect your heart and blood vessels with the Nordic Naturals EPA formula. EPA Xtra provides the highest level of EPA available without a prescription. Research shows that EPA can benefit cardiovascular health, joint mobility, proper immune function, colon health, and relieve minor aches and pains.*

The White House and the American Heart Association recommend EPA for heart health.¹

1. Kris-Etherton P, Harris W, Appel L, for the AHA Nutrition Committee. Omega-3 Fatty Acids and Cardiovascular Disease: New Recommendations from the American Heart Association. *Arterioscler Thromb Vasc Biol* 2004;23:151-152.

Supports:

- Joint mobility*
- Healthy blood lipids
- Arterial wall flexibility
- Promotion of a healthy inflammatory response*

Each 2-capsule serving supplies:

- 1060 mg EPA
- 274 mg DHA
- 202 mg other Omega-3s
- 30 I.U. vitamin E

Burst of lemon!

See supplement facts on pages 24.



Thinking of supporting your mind and memory?

DHA is an essential nutrient for maintaining cellular fluidity and supports memory, cognition and emotional well-being.* DHA aids in proper fetal brain development, making our formula especially useful for expectant mothers and nursing women.* A high-potency 50% DHA Omega-3 formula from cold water fish, our product comes in a delicious strawberry flavor and can be chewed or swallowed.

Supports:

- Memory and neurological function*
- Brain and visual development and maintenance*
- Mood and emotional well-being*
- Cognitive function*
- Fetal and infant brain and eye development*
- Teenagers, who need DHA too!

Each 2-capsule serving supplies:

- 90 mg EPA
- 450 mg DHA
- 40 mg other Omega-3s
- 15 I.U. vitamin E



Fresh strawberry taste!

See supplement facts on pages 25.

For kids who would rather catch fish than eat fish – there's Nordic Naturals.

DHA is needed daily for the proper development of a child's brain. Research shows DHA helps with children's behavior, focus, mood, memory and learning.* Children's DHA formula comes in small, chewable, strawberry-flavored gel capsules that can be chewed or swallowed. It contains healthy levels of vitamins A and D. The capsules are so good, children ask for more!

Supports:

- Proper brain development*
- Mood and disposition*
- Memory, learning and focus*

Each 4-capsule serving supplies:

- 82 mg EPA
- 125 mg DHA
- 45 mg other Omega-3s
- 300–550 I.U. vitamin A
- 1–8 I.U. vitamin D
- 14 I.U. vitamin E

**Capsules can be
chewed or swallowed!**

See supplement facts on pages 25.

**Fresh
strawberry
taste!**



Supports kids' Omega health in a lemon drop!

Everyone needs Omega fatty acids — especially young, developing minds! Nordic Naturals Omega-3.6.9 Junior provides a full spectrum of Omega fatty acids necessary for learning, positive mood and memory.* Taste-tested by kids, these lemon-flavored chewable capsules are perfect for ages three through teens.

Supports:

- Brain and visual development*
- Cell membrane flexibility*
- Healthy skin, hair and nails*
- Learning and focus*

Each 2-capsule serving supplies:

135 mg EPA
90 mg DHA
58 mg other Omega-3s
70 mg LA (Omega-6)
33 mg GLA (Omega-6)
94 mg Oleic acid (Omega-9)
15 I.U. vitamin E

See supplement facts on page 26.



Burst of lemon!

*Small, easy-to-swallow,
chewable capsule*



Taste that will satisfy the pickiest palates.

Berry Keen provides a great way for kids to get the DHA and EPA they need to support memory, learning and visual development.* This delicious liquid product has been tested to ensure healthy levels of vitamins A and D for children over two years of age.

Supports:

- Promotion of proper brain development*
- Enhancement of mood and disposition*
- Memory, learning and focus*

Each 1/2 teaspoon supplies:

- 205 mg EPA
- 313 mg DHA
- 113 mg other Omega-3s
- 750–1375 I.U. vitamin A*
- 2.5–20 I.U. vitamin D
- 2.5 I.U. vitamin E

**Did you know that Nordic Naturals does not add synthetic vitamin A to their Berry Keen products.
See supplement facts on page 26.*



Fresh strawberry taste!



Synergy is when the combined effect is better than the sum of the parts.

A combination of the highest quality nutrients that actually work better together than when taken separately. Heart Synergy combines Coenzyme Q10, L-Carnitine, selenium, magnesium, folic acid, natural vitamin E, plus 900 mg of EPA & DHA, providing full spectrum nutrient coverage for those with heart health concerns. Think of it as seven bottles in one.

Heart Synergy helps prevent drug-nutrient depletion caused by statin drugs.

Supports:

- Healthy Triglyceride levels
- Heart health at the vascular and cellular levels

Each 2-capsule serving supplies:

- 536 mg EPA
- 371 mg DHA
- 60 I.U. vitamin E
- 400 mcg folic acid
- 208 mg magnesium
- 100 mcg selenium
- 50 mg L-carnitine
- 50 mg Coenzyme Q-10



See supplement facts on page 26.

Your eyes also need UV protection – from the inside.

The nutrients in Eye Synergy provide full spectrum support for our eyes and vision. First, our base of purified fish oil nourishes and feeds the cells of our eyes to keep them fluid and flexible. Lutein and Zeaxanthin function by reflecting harmful ultraviolet rays, and the synergistic effects of vitamin C, vitamin E, beta-carotene and zinc combined, have clinically helped patients with age-related macular degeneration.¹

The nutrients found in Eye Synergy are often difficult to get in our daily diet. **Feed, protect, and restore, with Eye Synergy.**

Supports:

- Age-related eye health
- Defense from UV rays
- Optimal eye and vision health

Each 2-capsule serving supplies:

190 mg	EPA
697 mg	DHA
25,000 I.U.	vitamin A
30 I.U.	vitamin E
250 mg	vitamin C
30 mg	zinc
40 mg	lutein
2 mg	zeaxanthin

1. A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta-carotene, and zinc for age-related macular degeneration and vision loss. AREDS Report No. 8. Arch Ophthalmol. 2001;119:1417-1436.

See supplement facts on page 26.



Support your pet's health with Nordic Naturals Omega-3 fish oils!

With the same freshness and purity we provide to you, we also offer to your pet! Two pet products for your dog or cat companion provide the many benefits of Omega-3s.

Our Pet Cod Liver Oil is derived from 100% wild Arctic cod with all natural vitamins A and D. For people and pets on the go, our Omega-3 pet formula offers convenient capsules for travelling with your pet.



Health and Nutrition Support:

- Optimal cellular health
- Skin and coat health
- Moisture retention in skin
- Joint health
- Heart health
- Brain development and maintenance
- Eye development and maintenance — retinal and visual cortex

See supplement facts on page 26.

OMEGA-3

Supplement Facts

Serving Size: **2 Soft Gels** Servings per container: **30**

Amount Per Serving		% Daily Value*
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.6 g	3%
Vitamin E (d-alpha tocopherol)	30 I.U.	100%
Omega-3s	Weight†	Area %
EPA (Eicosapentaenoic Acid)	330 mg	18%
DHA (Docosahexaenoic Acid)	220 mg	12%
Other Omega-3s	140 mg	8%
Total	690 mg	38%

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

† Daily Value not established. ‡ Natural Triglycerides less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, artificial colors or flavors.

OMEGA-3 (IN FISH GELATIN)

Supplement Facts

Serving Size: **2 Fish Gels** Servings per container: **30**

Amount Per Serving		% Daily Value*
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.6 g	3%
Vitamin E (d-alpha tocopherol)	30 I.U.	100%
Omega-3s	Weight†	Area %
EPA (Eicosapentaenoic Acid)	330 mg	18%
DHA (Docosahexaenoic Acid)	220 mg	12%
Other Omega-3s	140 mg	8%
Total	690 mg	38%

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

† Daily Value not established. ‡ Natural Triglycerides less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, soft gel capsule (fish gelatin, glycerin, water, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, artificial colors or flavors.

ARCTIC COD LIVER OIL
ORANGE OR LEMON FLAVOR

Supplement Facts

Serving Size: **1 Teaspoon (5 ml)** Servings per Bottle: **48**

Amount Per Serving		% DV†	%DV‡
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	† 8%*	
Saturated Fat	1.0 g	† 5%*	
Cholesterol	14 mg	† 5%*	
Vitamin A	1500-2750 I.U.	60-110%*	30-55%*
Vitamin D	5-40 I.U.	† 1-10%*	
Vitamin E (mixed tocopherols)	5 I.U.	† 17%*	
Omega-3s	Weight†	Area %	
DHA (Docosahexaenoic Acid)	625 mg	14%	
EPA (Eicosapentaenoic Acid)	410 mg	9%	
Other Omega-3s	225 mg	5%	

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

† Daily Value not established.

1 Daily Value (DV) for children under 4 years of age.

2 Daily Value (DV) for adults and children over 4 years of age.

♥ A= Adequate Intake ‡ Natural Triglycerides

Ingredients: purified arctic cod liver oil, vitamin E (mixed tocopherols), 100% natural orange oil or lemon oil.

No gluten, yeast, milk derivatives, artificial colors or flavors.

OMEGA-3 LIQUID

Supplement Facts

Serving Size: **1 Tsp (5 ml)** Servings per Bottle: **48**

Amount Per Serving		% Daily Value*
Calories	45	
Calories from fat	45	
Total Fat	5.0 g	8%
Saturated Fat	1.5 g	8%
Vitamin E (d-alpha tocopherol)	17 I.U.	16%
Omega-3s	Weight†	Area %
EPA (Eicosapentaenoic Acid)	825 mg	18%
DHA (Docosahexaenoic Acid)	550 mg	12%
Other Omega-3	350 mg	8%
Total	1725 mg	38%

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

† Daily Value not established. ‡ Natural Triglycerides less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, artificial colors or flavors.

COD LIVER OIL CAPSULES

Supplement Facts

Serving Size: **2 Soft Gels** Servings per container: **45**

Amount Per Serving		% Daily Value*
Calories	18	
Calories from fat	18	
Total Fat	2.0 g	3%
Saturated Fat	0.4 g	2%
Cholesterol	5 mg	2%
Vitamin A	600-1100 I.U.	12-22%
Vitamin D	2-16 I.U.	0.5-4%*
Vitamin E (d-alpha tocopherol)	30 I.U.	100%
Omega-3s	Weight†	Area %
DHA (Docosahexaenoic Acid)	250 mg	14%
EPA (Eicosapentaenoic Acid)	164 mg	9%
Other Omega-3	90 mg	5%

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

† Daily Value not established. ‡ Natural Triglycerides

♥ A= Adequate Intake

Ingredients: purified arctic cod liver oil, soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural peach essence, vitamin E (d-alpha tocopherol).

No gluten, yeast, milk derivatives, artificial colors or flavors.

ARCTIC-D COD LIVER OIL
WITH VITAMIN D

Supplement Facts

Serving Size: **1 Teaspoon (5 ml)** Servings per Bottle: **48**

Amount Per Serving		% DV†	%DV‡
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	† 8%*	
Saturated Fat	1.0 g	† 5%*	
Cholesterol	14 mg	† 5%*	
Vitamin A	1500-2750 I.U.	60-110%*	30-55%*
Vitamin D	400 I.U.	† 100%*	
Vitamin E (mixed tocopherols)	5 I.U.	† 17%*	
Omega-3s	Weight†	Area %	
DHA (Docosahexaenoic Acid)	625 mg	14%	
EPA (Eicosapentaenoic Acid)	410 mg	9%	
Other Omega-3s	225 mg	5%	

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

† Daily Value not established.

1 Daily Value (DV) for children under 4 years of age.

2 Daily Value (DV) for adults and children over 4 years of age.

♥ A= Adequate Intake ‡ Natural Triglycerides

Ingredients: purified arctic cod liver oil, vitamin D (cholecalciferol), vitamin E (mixed tocopherols), 100% natural lemon oil.

No gluten, yeast, milk derivatives, artificial colors or flavors.

COMPLETE OMEGA-3.6.9
LIQUID

Supplement Facts

Serving Size: 1 Tsp (5 ml)	Servings per Bottle: 48
Amount Per Serving	% Daily Value*
Calories	45
Calories from fat	45
Total Fat	5.0 g 8%
Saturated Fat	1.0 g 5%
Vitamin E (d-alpha tocopherol)	5 I.U. 17%

Omega-3s	Weight†	Area %
EPA (Eicosapentaenoic Acid)	675 mg	15%
DHA (Docosahexaenoic Acid)	450 mg	10%
Total	1412 mg	31%
Omega-6s	560 mg	12%
LA (Linoleic Acid)	350 mg	8%
GLA (Gamma Linolenic Acid)	165 mg	4%
Omega-9s	610 mg	13%
OA (Oleic Acid)	470 mg	10%

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

† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, borage oil, natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, artificial colors or flavors.

OMEGA-3 SINGLES

Supplement Facts

Serving Size: 1 packet (5 ml)	30 per box
Amount Per Serving	% Daily Value*
Calories	45
Calories from fat	45
Total Fat	5 g 8%
Saturated Fat	1.5 g 8%
Vitamin E (d-alpha tocopherol)	5.0 I.U. 17%

Omega-3s	Weight†	Area %
EPA (Eicosapentaenoic Acid)	825 mg	18%
DHA (Docosahexaenoic Acid)	550 mg	12%
Other Omega-3s	350 mg	8%
Total	1725 mg	38%

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

† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, artificial colors or flavors.

EPA

Supplement Facts

Serving Size: 2 Soft Gels	Servings per container: 30
Amount Per Serving	% Daily Value*
Calories	18
Calories from fat	18
Total Fat	2.0 g 3%
Saturated Fat	0.2 g 1%
Vitamin E (d-alpha tocopherol)	30 I.U. 100%

Omega-3s	Weight†	Area %
EPA (Eicosapentaenoic Acid)	850 mg	45%
DHA (Docosahexaenoic Acid)	200 mg	10%
Other Omega-3s	180 mg	9%
Total	1230 mg	64%

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

† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, artificial colors or flavors.

COMPLETE OMEGA-3.6.9

Supplement Facts

Serving Size: 2 Soft Gels	Servings per container: 30
Amount Per Serving	% Daily Value*
Calories	18
Calories from fat	18
Total Fat	2.0 g 3%
Saturated Fat	0.4 g 2%
Vitamin E (d-alpha tocopherol)	30 I.U. 100%

Omega-3s	Weight†	Area %
EPA (Eicosapentaenoic Acid)	270 mg	15%
DHA (Docosahexaenoic Acid)	180 mg	10%
Total	365 mg	31%
Omega-6s	224 mg	12%
LA (Linoleic Acid)	140 mg	8%
GLA (Gamma Linolenic Acid)	66 mg	4%
Omega-9s	244 mg	13%
OA (Oleic Acid)	188 mg	10%

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

† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, soft gel capsule (gelatin, water, glycerin, natural lemon oil), borage oil, natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, artificial colors or flavors.

ULTIMATE OMEGA LIQUID

Supplement Facts

Serving Size: 1/2 Tsp (2.5 ml)	Servings per Bottle: 48
Amount Per Serving	% Daily Value*
Calories	23
Calories from fat	23
Total Fat	2.5 g 4%
Saturated Fat	0.1 g 1%
Vitamin E (mixed tocopherols)	9 I.U. 30%

Omega-3s	Weight†	Area %
EPA (Eicosapentaenoic Acid)	813 mg	35%
DHA (Docosahexaenoic Acid)	563 mg	25%
Other Omega-3	225 mg	10%

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

† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, natural lemon oil, mixed tocopherols, rosemary extract.

No gluten, yeast, milk derivatives, artificial colors or flavors.

EPA Xtra

Supplement Facts

Serving Size: 2 Soft Gels	Servings per container: 30
Amount Per Serving	% Daily Value*
Calories	18
Calories from fat	18
Total Fat	2.0 g 3%
Saturated Fat	0.2 g 1%
Vitamin E (d-alpha tocopherol)	30 I.U. 100%

Omega-3s	Weight†	Area %
EPA (Eicosapentaenoic Acid)	1060 mg	58%
DHA (Docosahexaenoic Acid)	274 mg	15%
Other Omega-3s	202 mg	11%
Total	1536 mg	84%

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

† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, artificial colors or flavors.

COMPLETE OMEGA-3.6.9
SINGLES

Supplement Facts			
Serving Size: 1 packet (5 ml)		30 per box	
Amount Per Serving		% Daily Value*	
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	8%	
Saturated Fat	1.0 g	5%	
Vitamin E (d-alpha tocopherol)	5 I.U.	17%	
Omega-3s			
	Weight†	Area %	
EPA (Eicosapentaenoic Acid)	675 mg	15%	
DHA (Docosahexaenoic Acid)	450 mg	10%	
Total	1412 mg	31%	
Omega-6s			
	Weight	Area %	
LA (Linoleic Acid)	560 mg	12%	
GLA (Gamma Linolenic Acid)	350 mg	8%	
Total	165 mg	4%	
Omega-9s			
	Weight	Area %	
OA (Oleic Acid)	610 mg	13%	
Total	470 mg	10%	

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established. ‡ Natural Triglycerides
Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, borage oil, natural lemon oil, d-alpha tocopherol, rosemary extract.
No gluten, yeast, milk derivatives, artificial colors or flavors.

ULTIMATE OMEGA

Supplement Facts			
Serving Size: 2 Soft Gels		Servings per container: 30	
Amount Per Serving		% Daily Value*	
Calories	18		
Calories from fat	18		
Total Fat	2.0 g	3%	
Saturated Fat	0.1 g	1%	
Vitamin E (d-alpha tocopherol)	30 I.U.	100%	
Omega-3s			
	Weight†	Area %	
EPA (Eicosapentaenoic Acid)	650 mg	35%	
DHA (Docosahexaenoic Acid)	450 mg	25%	
Other Omega-3s	180 mg	10%	
Total	1280 mg	70%	

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established. ‡ Natural Triglycerides
Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.
No gluten, yeast, milk derivatives, artificial colors or flavors.

DHA

Supplement Facts			
Serving Size: 2 Soft Gels		Servings per container: 45	
Amount Per Serving		% Daily Value*	
Calories	9		
Calories from fat	9		
Total Fat	1.0 g	2%	
Saturated Fat	0 g	0%	
Vitamin E (d-alpha tocopherol)	15 I.U.	50%	
Omega-3s			
	Weight†	Area %	
DHA (Docosahexaenoic Acid)	450 mg	50%	
EPA (Eicosapentaenoic Acid)	90 mg	10%	
Other Omega-3s	40 mg	5%	
Total	580 mg	65%	

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established. ‡ Natural Triglycerides
Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, soft gel capsule (gelatin, water, glycerin, strawberry essence), strawberry essence, d-alpha tocopherol, rosemary extract.
No gluten, yeast, milk derivatives, artificial colors or flavors.

ARCTIC COD LIVER OIL
SINGLES

Supplement Facts			
Serving Size: 1 packet (5 ml)		30 per box	
Amount Per Serving		% DV†	% DV†
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	†	8%*
Saturated Fat	1.0 g	†	5%*
Cholesterol	14 mg	†	5%*
Vitamin A	1500-2750 I.U.	60-110%*	30-55%*
Vitamin D	5-40 I.U.	†	1-10%*
Vitamin E (d-alpha tocopherol)	8 I.U.	†	17%*
Omega-3s			
	Weight†	Area %	
DHA (Docosahexaenoic Acid)	625 mg	14%	
EPA (Eicosapentaenoic Acid)	410 mg	9%	
Other Omega-3s	225 mg	5%	

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
1. Daily Value (DV) for children under 4 years of age.
2. Daily Value (DV) for adults and children over 4 years of age.
♥ AI= Adequate Intake ‡ Natural Triglycerides

Ingredients: purified arctic cod liver oil, vitamin E (d-alpha tocopherol), 100% natural orange oil.
No gluten, yeast, milk derivatives, artificial colors or flavors.

OMEGA WOMAN

Supplement Facts			
Serving Size: 2 Soft Gels		Servings per container: 60	
Amount Per Serving		% Daily Value*	
Calories	9		
Calories from fat	9		
Total Fat	1.0 g	2%	
Saturated Fat	0 g	0%	
Vitamin E (d-alpha tocopherol)	15 I.U.	50%	
Omega-3s			
	Weight†	Area %	
EPA (Eicosapentaenoic Acid)	33 mg	3.6%	
DHA (Docosahexaenoic Acid)	22 mg	2.4%	
Evening Primrose Oil	800 mg	80%	
GLA (Gamma Linolenic Acid)	76 mg	8%	

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established. ‡ Natural Triglycerides
Less than 5 mg of Cholesterol per serving.

Ingredients: evening primrose oil, purified deep sea fish oil, soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.
No gluten, yeast, milk derivatives, artificial colors or flavors.

Children's DHA

Supplement Facts			
Serving Size: 4 Soft Gels		Servings per container: 45	
Amount Per Serving		% Daily Value*	
Calories	9		
Calories from fat	9		
Total Fat	1.0 g	†	
Saturated Fat	0 g	†	
Polysaturated Fat	1.0 g	†	
Vitamin A	300-550 I.U.	12-22%*	
Vitamin D	1-8 I.U.	†	
Vitamin E (d-alpha tocopherol)	14 I.U.	†	
Omega-3s			
	Weight†	Area %	
DHA (Docosahexaenoic Acid)	125 mg	14%	
EPA (Eicosapentaenoic Acid)	82 mg	9%	
Other Omega-3s	45 mg	5%	

* Percent Daily Values for children under four years of age.
† Daily Value not established. ‡ Natural Triglycerides
♥ AI= Adequate Intake
Less than 5 mg of Cholesterol per serving.

Ingredients: purified arctic cod liver oil, soft gel (gelatin, water, glycerin, strawberry essence), vitamin E, strawberry essence, rosemary extract.

OMEGA-3:6:9 JUNIOR

Supplement Facts

Serving Size: **2 Soft Gels** Servings per container: **45**

Amount Per Serving		% Daily Value*
Calories	9	
Calories from fat	9	
Total Fat	1.0 g	↑
Saturated Fat	0.2 g	↑
Vitamin E (d-alpha tocopherol)	15 I.U.	↑
Omega-3s	Weight*	Area %
EPA (Eicosapentaenoic Acid)	135 mg	15%
DHA (Docosahexaenoic Acid)	90 mg	10%
Total	283 mg	31%
Omega-6s		
LA (Linoleic Acid)	70 mg	8%
GLA (Gamma Linolenic Acid)	33 mg	4%
Omega-9s		
OA (Oleic Acid)	94 mg	10%

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

† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

Ingredients: purified deep sea fish oil, soft gel capsule (gelatin, water, glycerin, natural lemon oil), borago oil, natural lemon oil, d-alpha tocopherol, rosemary extract.

No gluten, yeast, milk derivatives, artificial colors or flavors.

HEART synergy

Supplement Facts

Serving Size: **2 Soft Gels** Servings per container: **45**

Amount Per Serving		% Daily Value*
Calories	17	
Calories from fat	16	
Total Fat	1.7 g	3%
Saturated Fat	0.09 g	0.5%
Fish Oil	1,650 mg	↑
EPA (Eicosapentaenoic Acid)	536 mg	↑
DHA (Docosahexaenoic Acid)	371 mg	↑
Vitamin E (as d-alpha tocopherol)	60 I.U.	200%
Folic Acid	400 mcg	100%
Magnesium (as Magnesium Oxide)	208 mg	52%
Selenium (as L-Selenomethionine)	100 mcg	142%
L-Carnitine (as L-Carnitine Tartrate)	50 mg	↑
Coenzyme Q-10	50 mg	↑
Silica	20 mg	↑

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

† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

Ingredients: gelatin, glycerin USP, yellow beeswax, olive oil, purified water USP, soy lecithin, titanium dioxide USP, caramel color.

No gluten, yeast, milk derivatives, artificial colors or flavors.

PET CLO

Guaranteed Analysis

1 teaspoon = 5 ml (5000 mg)

1 teaspoon contains:

Crude fat (min.)	99.9%
Moisture (max.)	0.01%
Vitamin A (min.)	1580 I.U./tsp.
Vitamin D (min.)	6 I.U./tsp.
Total Omega-3 Fatty Acids* (min.)	27%
Docosahexaenoic Acid (DHA)* (min.)	13%
Eicosapentaenoic Acid (EPA)* (min.)	9%

* Not recognized as an essential nutrient by the AAFCO dog or cat food nutrient profiles.

Ingredients: cod liver oil (source of vitamins A and D), mixed tocopherols (a preservative).

No artificial colors or flavors.

Fatty acid in 100% natural triglyceride form

Berry Keen

Supplement Facts

Serving Size: **1/2 Tsp (2.5 ml)** Servings per Bottle: **48**

Amount Per Serving		% DV†	% DV†
Calories	23		
Calories from fat	23		
Total Fat	2.5 g	↑	4%*
Saturated Fat	0.5 g	↑	3%*
Cholesterol	7 mg	↑	2%*
Vitamin A	750-1375 I.U.	75-138%*	15-28%*
Vitamin D	2.5-20 I.U.	↑	0.5-5%*
Vitamin E (mixed tocopherols)	2.5 I.U.	↑	8%*
Omega-3s	Weight*	Area %	
DHA (Docosahexaenoic Acid)	313 mg	14%	
EPA (Eicosapentaenoic Acid)	205 mg	9%	
Other Omega-3s	113 mg	5%	

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

† Daily Value not established.

‡ Daily Value (DV) for children 1 to 4 years of age.

§ Daily Value (DV) for adults and children over 4 years of age.

♥ A= Adequate Intake ‡ Natural Triglycerides

Ingredients: purified arctic cod liver oil, vitamin E (mixed tocopherols), strawberry essence.

No gluten, yeast, milk derivatives, artificial colors or flavors.

EYE synergy

Supplement Facts

Serving Size: **2 Soft Gels** Servings per container: **45**

Amount Per Serving		% Daily Value*
Calories	17	
Calories from fat	16	
Total Fat	1.8 g	3%
Saturated Fat	0.1 g	0.5%
Fish Oil	1,584 mg	↑
DHA (Docosahexaenoic Acid)	697 mg	↑
EPA (Eicosapentaenoic Acid)	190 mg	↑
Vitamin A (as Beta Carotene)	25,000 I.U.	500%
Vitamin E (as d-alpha tocopherol)	30 I.U.	100%
Vitamin C (as Ascorbic Acid)	250 mg	416%
Zinc (as Zinc Citrate)	30 mg	200%
Lutein	40 mg	↑
Zeaxanthin	2 mg	↑

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

† Daily Value not established. ‡ Natural Triglycerides Less than 5 mg of Cholesterol per serving.

Ingredients: gelatin, glycerin USP, yellow beeswax, lutein (in corn oil), soybean oil, purified water USP, beta carotene (in coconut oil), soy lecithin, titanium dioxide USP, caramel color.

No gluten, yeast, milk derivatives, artificial colors or flavors.

OMEGA-3 PET

Guaranteed Analysis

1 soft gel = 1500 mg

1 soft gel contains 1000 mg fish oil

Crude fat (min.)	67%
Moisture (max.)	3%
Total Omega-3 Fatty Acids* (min.)	22%
Eicosapentaenoic Acid (EPA)* (min.)	11%
Docosahexaenoic Acid (DHA)* (min.)	7%

* Not recognized as an essential nutrient by the AAFCO dog or cat food nutrient profiles.

Ingredients: fish oil, soft gel capsule (gelatin, water, glycerin), d-alpha tocopherol (a preservative).

No artificial colors or flavors

Fatty acid in 100% natural triglyceride form

WHAT ARE THE BEST SOURCES FOR OMEGA-3?

Fresh fish may seem like the perfect healthy way to get your Omega-3 fatty acids. However, fish can be contaminated with excessive levels of mercury.

Symptoms of mercury poisoning include brain fog, hair loss, and neurological damage. Using national blood mercury data from the Centers for Disease Control and Prevention, researchers found that between 316,588 and 637,233 children each year have cord blood mercury levels > 5.8 lg/L, a level associated with loss of IQ.

Data, as staggering as this, has lead many researchers to say purified fish oils are a safer source for omega-3 fatty acids.¹

1. Environ Health Perspect 113:590-596 (2005). doi: 10.1289/ehp.7743 available vis <http://dx.doi.org/>

OMEGA-3 *from* FISH OR FLAX?

Perhaps you've heard that flaxseed oils contain Omega-3 fatty acids and wondered if you should take fish or flax. Well, Omega-3 fatty acids fall into two major categories: plant-derived (flaxseed, yielding alpha linolenic acid or ALA) and marine-derived (fish oil, yielding both EPA and DHA). **When taking flax seed oil, the body must convert ALA to EPA and DHA.** This conversion is somewhat slow and can be inhibited by lifestyle and health influences. Research shows that only about 5% of ALA converts to EPA and only up to 3% converts to DHA, if at all. The majority of research conducted on Omega-3 fatty acids has been done on fish oil which focused on the benefits of EPA and DHA. Fish oil is the optimal and direct source for EPA and DHA.

*The statements in this brochure have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



A FAMILY-RUN COMPANY THAT UNDERSTANDS YOUR NEEDS.

Founded by husband and wife team, Joar & Michele Opheim, Nordic Naturals provides high-quality Omega supplements that are doctor-recommended and used by leading research institutions. When Joar arrived in the U.S. 15 years ago, he recognized the lack of Omega-3 fish oils, especially for children. As fish is not part of the American culture the way it is in Norway, the Opheims wanted to provide the public with great-tasting fish oil supplements, unsurpassed in purity and freshness. Now people everywhere can enjoy the many benefits of Omega fatty acids — the "good" fats. Nordic Naturals offers patented, natural, fruit-flavored capsules and liquids in a variety of formulas to meet everyone's needs.

94 Hangar Way, Watsonville, CA 95076

Toll Free: 800.662.2544 • Phone: 831.724.6200 • Fax: 831.724.6600

email: admin@nordicnaturals.com • www.nordicnaturals.com

