



**Example of a Fish Oil
Supplement Label**

Supplement Facts	
Serving Size 1 Softgel	% Daily Value
Each Softgel Contains	
Calories 10	
Calories from Fat 10	
Total Fat 0.5 g	2%**
Saturated Fat 0.5 g	3%**
Polyunsaturated Fat 0.5 g	***
Monounsaturated Fat 0.5 g	***
Natural Fish Oil Concentrate 850 mg	
EPA (Eicosapentaenoic Acid) 240 mg	
DHA (Docosahexaenoic Acid) 200 mg	
**Percent Daily Value based on 2,000 cal.	
***Daily Value not established	