



PURE **FISH OIL**
PURE **FITNESS**





WHAT YOU **PUT IN** IS WHAT YOU **GET OUT**



E FISH OIL // PURE ENDURANCE //

WHY YOU NEED FISH OIL

High-quality, purified fish oil is the best source of the omega-3 essential fatty acids EPA and DHA.

Essential fatty acids are considered “essential” because they are required for optimal health but cannot be produced by the body, and therefore must be consumed through diet or supplementation. There are two main families of essential fats: omega-3s and omega-6s. Healthy cell function is dependent on a balanced intake of these fats.

The problem is that modern changes to food production have disrupted this delicate balance in the average western diet—the omega-3 content has decreased while the omega-6 content has simultaneously increased. The result is that it is very difficult to get adequate amounts of omega-3s through diet alone.

Fish oil is the healthiest, most reliable source of omega-3s. Supplementing with fish oil provides the omega-3s your body needs for optimal health of the heart, brain, circulation, immunity, metabolism, joints, and tissues.*

PROMOTES RESPIRATORY AND CIRCULATORY FUNCTION*

Exercise increases the demand on the circulatory system to provide oxygen and nutrients to the muscles, lungs, and brain, and to remove metabolic waste like lactic acid. Fish oil has been shown to support lung function, and to promote blood flow and oxygen delivery to active muscle by enhancing blood vessel function.*

ENHANCES CARDIOVASCULAR AND METABOLIC PERFORMANCE*

Decades of scientific research has shown that fish oil promotes cardiovascular health and function—including supporting circulation and blood vessel health, and helping maintain healthy lipid levels. Fish oil has also been shown to support optimal body composition and fat metabolism.*

SUPPORTS THE BODY’S NATURAL ANTI-INFLAMMATORY RESPONSE*

Exercise often stresses the body. Omega-3s from fish oil support the body’s natural anti-inflammatory response. This can enhance endurance, protect against free radical damage, and promote joint flexibility, mobility, and comfort.*

// PURE ACTIVITY // PURE FOCUS

NORDIC NATURALS ULTIMATE OMEGA™ SPORT:

provides all the benefits of highly concentrated omega-3s (EPA+DHA) without the fishy repeat.

- Supports the body's natural anti-inflammatory response*
- Promotes cardiovascular and respiratory function*
- Supports joint flexibility and mobility*
- May enhance endurance*
- Supports optimal fat metabolism and body composition*



Available in 90 soft gels

Supplement Facts

Serving Size: **3 Soft Gels** Servings per container: **30**

Amount Per Serving	% Daily Value*	
Calories	27	
Calories from fat	27	
Total Fat	3.0 g	4.5%
Saturated Fat	0.2 g	1%
Trans Fat	0 g	†
Vitamin E (d-alpha tocopherol)	45 I.U.	150%
Omega-3s	Weight‡	Volume %
EPA (Eicosapentaenoic Acid)	975 mg	35%
DHA (Docosahexaenoic Acid)	675 mg	25%
Other Omega-3s	270 mg	10%
Total Omega-3s	1920 mg	70%
Oleic Acid (Omega-9)	84 mg	3%

* 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 (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon oil), natural lemon oil, d-alpha tocopherol, rosemary extract.

May have been manufactured on the same processing line as products containing soy derivatives.
 No gluten, milk derivatives, or artificial colors or flavors.

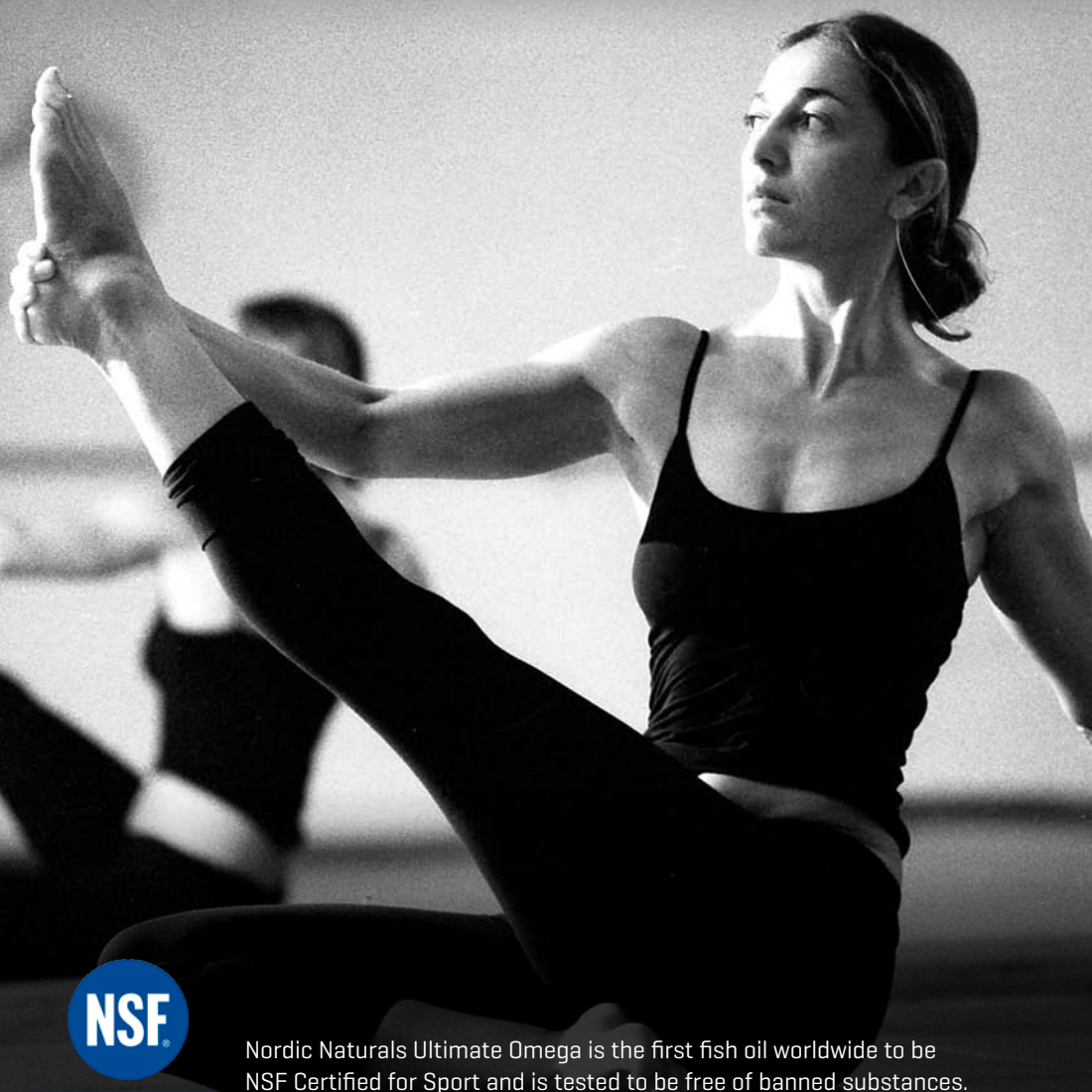
3 Soft Gels
Daily

1650 mg
EPA+DHA

Sustainable
Raw Material



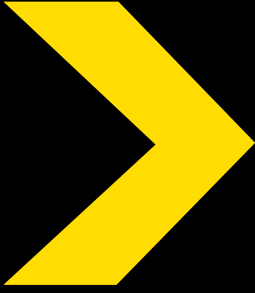
// PURE **FLEXIBILITY** // PURE **FISH**



Certified for Sport™
www.nsf.org

Nordic Naturals Ultimate Omega is the first fish oil worldwide to be NSF Certified for Sport and is tested to be free of banned substances.

Learn More // NNPROSPORTS.COM



WHY NORDIC NATURALS

Because of our uncompromising standards and multi-patented manufacturing processes, Nordic Naturals is able to deliver omega-3 fish oils of industry-leading purity, freshness, and taste.

OUR PROMISE OF EXCEPTIONAL QUALITY INCLUDES:

Sustainable Sourcing

100% of our fish is sourced in compliance with the Norwegian Fisheries Management System

Multi-Patented Manufacturing Processes

oxygen-free environment and reduced heat yield industry-leading purity and freshness

Natural Triglyceride Form

over 90% triglycerides at all concentration levels

Transparent Third-Party Test Results

surpassing the strictest international standards for purity and freshness

Responsible Dosing

providing an effective, clinically-proven, and expert-recommended dosage of at least 500 mg EPA+DHA per serving

Values-Driven Innovation

providing access to the largest portfolio of fish oils in the world, fulfilling our mission of correcting omega-3 deficiency

Backed by Clinical Studies

14 published studies, and more than 30 currently underway

The result is that you consume only the pure, health-promoting omega-3s you need, and none of the toxins or oxidation you don't.

Nordic Naturals—pure innovation, pure fish oil.

REFERENCES

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* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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NORDIC[®]
NATURALS 
Pure and Great Tasting Omega Oils