



**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 | |