

**SUGGESTED USE:** Adults, as a dietary supplement, take two (2) capsules daily with a meal.

**WARNING: IF YOU HAVE A BLOOD COAGULATION CONDITION OR ARE TAKING ANTICOAGULANTS SUCH AS WARFARIN (COUMADIN®), DO NOT USE.**

**KEEP OUT OF REACH OF CHILDREN.**

**DO NOT USE IF SAFETY SEAL IS BROKEN.**

**IF YOU ARE NURSING, PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION, CONSULT YOUR PHYSICIAN BEFORE TAKING THIS PRODUCT.**

Dr. Mercola has been providing quality products since 2001.

The Herring in this product comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery. [www.msc.org](http://www.msc.org)

10327-v100



# DR. MERCOLA®

## HERRING CAVIAR OIL

CERTIFIED  
SUSTAINABLE  
SEAFOOD  
MSC  
[www.msc.org](http://www.msc.org)



MSC-C-54900

OMEGA-3s  
WITH CHOLINE &  
PHOSPHOLIPIDS

Dietary Supplement

180 Capsules

### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 90

	Amount Per Serving	%DV
Calories	10	
Total Fat	1 g	1%*
Cholesterol	40 mg	13%
Choline (from Herring Caviar Oil)	40 mg	7%
Herring Caviar Complex (Herring Caviar Extract†, Organic Medium Chain Triglyceride Oil)	1,000 mg	**
Total Phospholipids	420 mg	**
Phosphatidylcholine	345 mg	**
Phosphatidylethanolamine	26 mg	**
Total Omega-3 Fatty Acids	160 mg	**
EPA (Eicosapentaenoic Acid)	40 mg	**
DHA (Docosahexaenoic Acid)	110 mg	**

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

\*\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** Capsule (Fish Gelatin), D-Limonene.

**CONTAINS FISH (HERRING, TILAPIA).**

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place  
Cape Coral, FL 33991 USA (877) 985-2696

†Herring - MSC Certified