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Carlson 686256

Carlson Labs Wild Caught Elite Omega-3 Gems 1600mg Soft Gels User Manual

Model: 686256

INTRODUCTION

Carlson Elite Omega-3 Gems are a dietary supplement providing highly concentrated omega-3 fatty acids, including EPA and DHA, sourced from deep, cold-water fish. This product is designed to support various aspects of health, including cardiovascular, brain, and vision functions. It is regularly tested for purity and potency to ensure quality.

PRODUCT OVERVIEW

Carlson Elite Omega-3 Gems deliver 1600 mg of omega-3s per serving, with a specific concentration of EPA and DHA. The fish oil is derived from wild-caught, sustainably sourced fish. The soft gels are lemon-flavored to minimize any fishy aftertaste.



Image: Front view of the Carlson Elite Omega-3 Gems bottle, showing the brand, product name, 1600mg Omega-3s, and key benefits for healthy heart, brain function, and vision health. It also indicates 130 soft gels and 65 servings.

INGREDIENTS

Each serving (2 soft gels) contains:

- Calories: 30
- Total Fat: 2.5 g (3% Daily Value)
- Cholesterol: <5 mg (1% Daily Value)
- Protein: <1 g
- Vitamin E (as d-alpha tocopherol): 13.4 mg (89% Daily Value)
- Norwegian Fish Oil: 2.5 g
- Total Omega-3 Fatty Acids: 1,600 mg
- EPA (Eicosapentaenoic Acid): 800 mg
- DHA (Docosahexaenoic Acid): 600 mg

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water), natural lemon flavor, natural mixed tocopherols. Contains fish (anchovy, sardine, mackerel).

Note: Percent Daily Values are based on a 2,000 calorie diet. Daily Value (DV) not established for Norwegian Fish Oil and Omega-3 Fatty Acids.

Carlson. Providing the finest Norwegian omega-3

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 45

	Amount Per Serving	% DV
Calories	30	
Total Fat	2.5 g	3%**
Cholesterol	<5 mg	1%
Protein	<1 g	
Vitamin E (as d-alpha tocopherol)	13.4 mg	89%
Norwegian Fish Oil	2.5 g	†
Total Omega-3 Fatty Acids [☆]	1,600 mg	†
EPA (Eicosapentaenoic Acid) [☆]	800 mg	†
DHA (Docosahexaenoic Acid) [☆]	600 mg	†

****** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established. **☆** Reported as ethyl ester.

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water), natural lemon flavor, natural mixed tocopherols. Contains fish (anchovy, sardine, mackerel).

Directions: Adults: take two soft gels daily **at mealtime.**

Elite Omega-3 Concentrate strength, lemon flavor concentrate. Each soft gel contains 2.5 mg of omega-3s in a beneficial omega-3:1 ratio to support heart, brain and joint health. *To ensure the highest quality, our fish oil is sourced from wild-caught fish using traditional methods and is closely managed.

*These statements have not been evaluated by the FDA and are not intended to diagnose, cure, or prevent any disease.

✓ **Gluten-free**

PURITY

This product is regularly tested by independent laboratories. It has been certified to be free of mercury, cadmium, lead, and PCBs (per AOCS International protocols).

WATERBURY **AOCS**

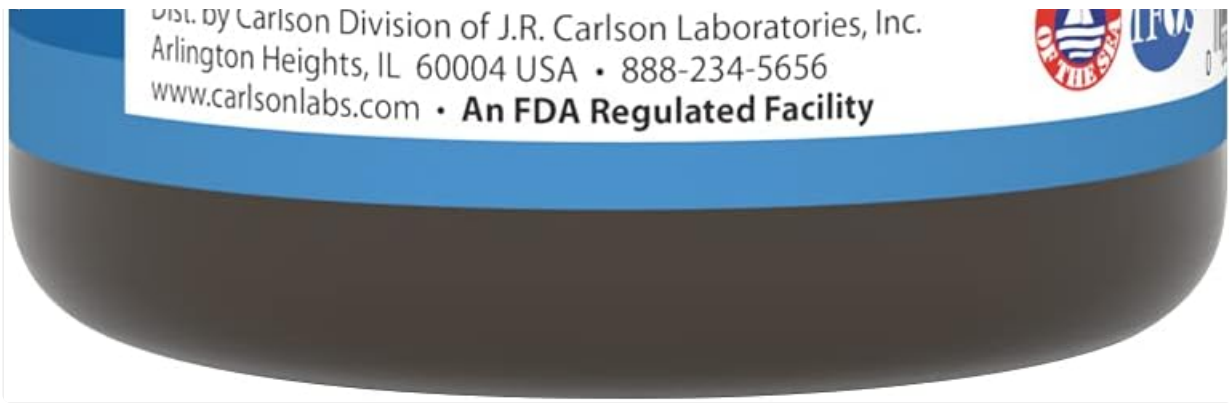


Image: Detailed Supplement Facts panel from the product label, showing nutritional information and ingredients per serving.





Image: Back label of the product bottle, detailing the professional strength, lemon-flavored fish oil concentrate, sustainable sourcing, and purity guarantees. It highlights "Gluten-free" and "No Artificial Preservatives".

DIRECTIONS FOR USE

Adults: Take two soft gels daily at mealtime. It is recommended to take the soft gels with food to enhance absorption and minimize any potential digestive discomfort.

STORAGE AND HANDLING

Store the bottle in a cool, dry place, away from direct sunlight. Keep out of reach of children. Do not use if the security seal on the bottle is broken or missing.

SAFETY INFORMATION AND WARNINGS

- Consult a healthcare professional before using this product if you are pregnant, nursing, taking medication, or have a medical condition.
- Discontinue use and consult a doctor if any adverse reactions occur.
- This product is labeled to United States standards and may differ from similar products sold elsewhere in its ingredients, labeling, and allergen warnings.
- Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

QUALITY ASSURANCE

Carlson Elite Omega-3 Gems are regularly tested (using AOAC international protocols) for freshness, potency, and purity by an independent, FDA-registered laboratory. This ensures the product is fresh, fully potent, and free of detrimental levels of mercury, cadmium, lead, PCBs, and 28 other contaminants. The product is also Non-GMO Tested and certified by Friend of the Sea for sustainable sourcing.



Carlson[®]



Wild Caught

Elite Omega-3

1,600 mg Omega-3s

Gems[®]



DIETARY SUPPLEMENT

✓ Healthy Heart* ✓ Brain Function* ✓ Vision Health*

90 Soft Gels | 45 Servings



Image: Carlson's commitment to environmental responsibility, indicating the product is plastic neutral through partnership with Impact Collective.

#1 Rated Omega-3 Products†



† Ratings based on results of the 2023 ConsumerLab.com Survey of Supplement Users.

Image: Carlson's dedication to transparent labeling, ensuring customers know exactly what is in their products.

SPECIFICATIONS

Brand	Carlson
Item Form	Softgel
Flavor	Lemon
Unit Count	90 Count
Product Dimensions	6 x 5 x 4 inches
Item Weight	7.05 ounces
Model Number	686256

ASIN	B003BVIBGU
Date First Available	March 10, 2010

PRODUCT VIDEOS

Carlson - Elite Omega-3 Gems Overview

Your browser does not support the video tag.

Video: An overview of Carlson Elite Omega-3 Gems, highlighting its features and benefits. (Duration: 0:32)

Why Choose Carlson Products

Your browser does not support the video tag.

Video: A brief explanation of Carlson's commitment to quality and why their products are a preferred choice. (Duration: 0:32)

Carlson Brand Video

Your browser does not support the video tag.

Video: An introductory video about the Carlson brand and its mission. (Duration: 0:15)

MANUFACTURER INFORMATION

Manufactured by Carlson Labs, a family-owned company established in 1965, specializing in Norwegian omega-3s since 1982. Carlson Labs is committed to providing high-quality vitamins, minerals, omega-3s, and other nutritional supplements.

For further information or support, please refer to the contact details provided on the product packaging or visit the official Carlson Labs website.

