



Carlson[®]

NORWEGIAN

Omega-3s

A Nutritional Guide

Choose Quality. Choose Carlson.

Norwegian Sea



The late John Carlson with Susan Carlson, Founders of Carlson Laboratories



Today, the next generation of Carlson leads the team: Kirsten Carlson, Vice President of Marketing and Carilyn Anderson, President

North Sea

Edinburgh

Denmark

Copenhagen



Providing the Highest Quality Supplements Since 1965

Carlson has developed and produced pure, natural, award-winning vitamins, minerals, fish oils, and other nutritional supplements. From our humble beginnings with a single product in Founder Susan Carlson's small Chicago apartment, we quickly grew to offer the most complete line of all-natural vitamin E supplements in the world.

In the early 1980s, we helped launch the omega-3 market in North America, importing our first high-quality, great-tasting, sustainable fish oils from Norway. In 2009, we launched a new marine oil sourced from an abundant species of calamari. Today, Carlson is led by the next generation of the Carlson family, daughters Carilyn Anderson and Kirsten Carlson, and the innovations continue.

Carlson recently announced the opening of Carlson Healthy Oils, our new, state-of-the-art bottling facility in Søvik, Norway. Søvik is located near one of the busiest and most important fishing harbors in the north Atlantic, ensuring that only the finest, freshest fish oils are delivered to Carlson Healthy Oils for refining, distillation, and bottling. The bottled oils will then be transported to Carlson world headquarters in Arlington Heights, Illinois for shipment to retail locations across the globe.

Why We Need Omega-3s

There are more than 27,000 published studies on omega-3s, making them some of the most studied nutrients in the world. Omega-3s are polyunsaturated fatty acids that provide many important health benefits, from brain and heart health to mood and skin health.* They're considered "essential" because our body can't make them, so we must obtain them through our diet. The best sources of omega-3s are oil-rich fish, such as salmon, mackerel, tuna, and sardines. In order to reach optimal levels of omega-3s, **the American Heart Association® (AHA) recommends we eat at least two 3.5-ounce servings of fatty fish per week.** Unfortunately, most of us don't consume this amount of fish, which is why a supplement may be a great option. Carlson award-winning fish oils are available in liquid and soft gel form and provide the most beneficial omega-3s, EPA and DHA.



The Two Most Important Omega-3s



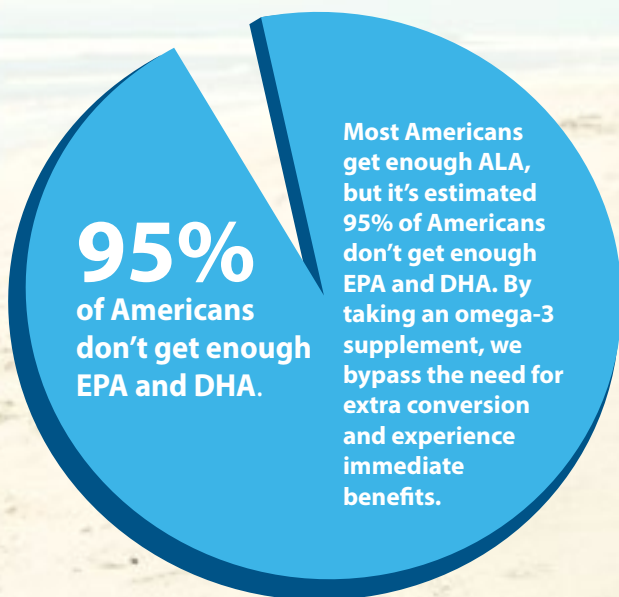
EPA (Eicosapentaenoic Acid) is found in fatty, cold-water fish and is most recognized for its cardiovascular health benefits.*



DHA (Docosahexaenoic Acid) is found in fatty, cold-water fish and is best known for its role in supporting brain and vision health.*

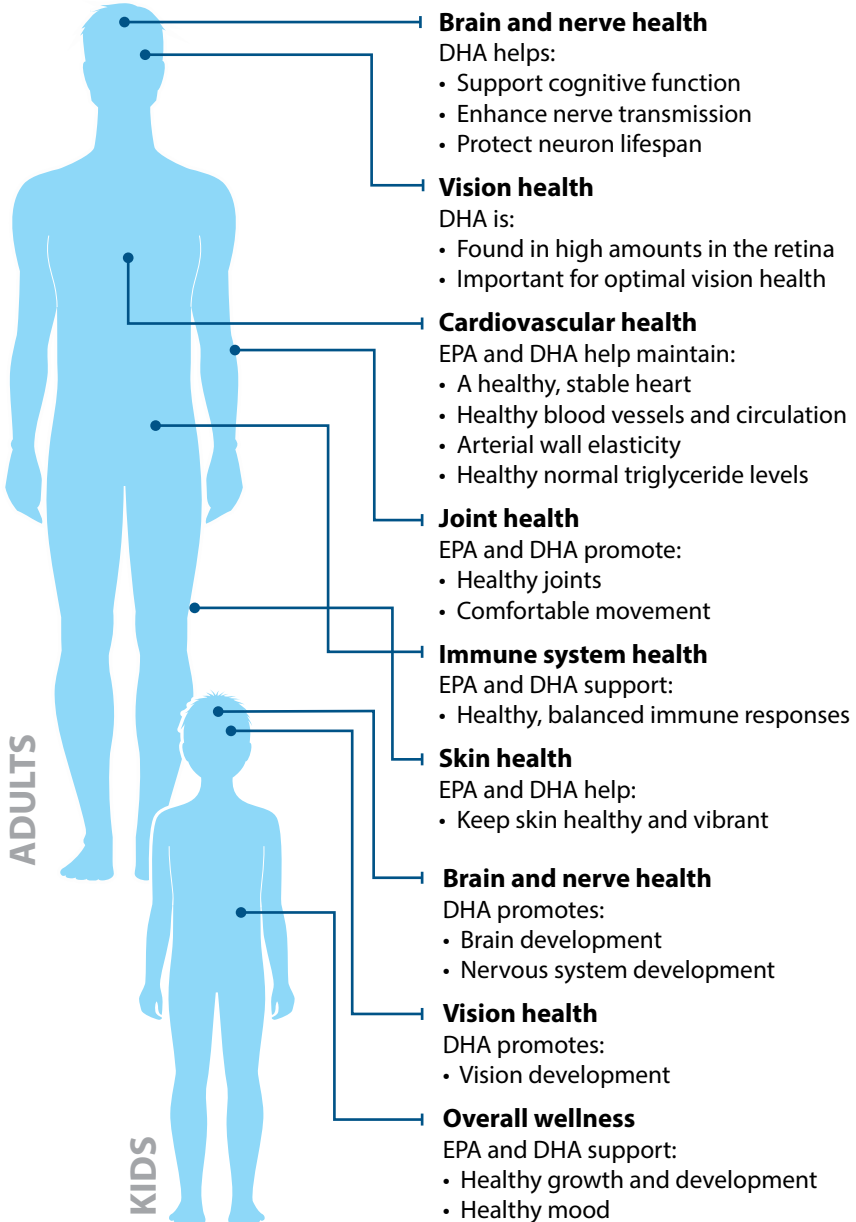


ALA (Alpha-Linolenic Acid) is found in high amounts in flaxseed and soybeans. Our body has the ability to convert ALA to EPA and DHA; however, the process is extremely inefficient.



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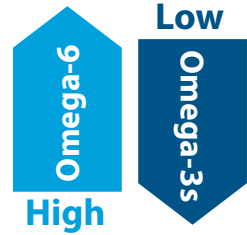
The Most Important Health Benefits of EPA and DHA at Every Age*



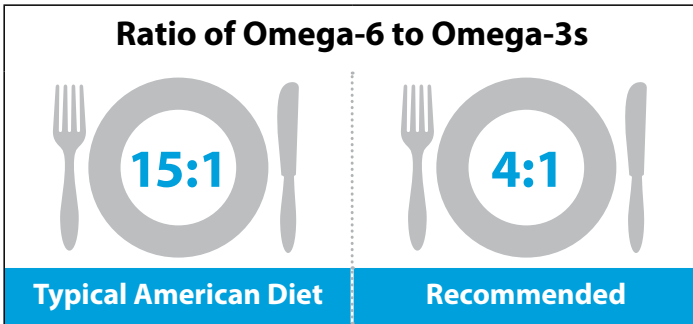
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Balancing Omega-3s and Omega-6

The typical American diet is high in omega-6 from poultry, eggs, nuts, vegetable oils, and seed oils and low in omega-3 polyunsaturated fats from foods like fish and calamari. As a result, the average American consumes an inadequate amount of EPA and DHA.



Health professionals recommend we receive a better balance of omega-6 to omega-3s for optimal health. Those who follow a vegetarian diet have even lower levels of EPA and DHA because vegetables don't contain them, so vegetarians must rely on their body's limited ability to convert ALA to EPA and DHA. While flax and soybeans are a wonderful source of ALA, the conversion efficiency of ALA to EPA and DHA is very low. Those who eat fish or take fish oil bypass the need for extra conversion and experience immediate benefits.



Foods high in omega-3s include wild salmon, mackerel, anchovies, tuna, whitefish, herring, walnuts, spinach, and Brussels sprouts. Most of us don't receive enough omega-3s through diet alone, which is why a supplement may be a great option.

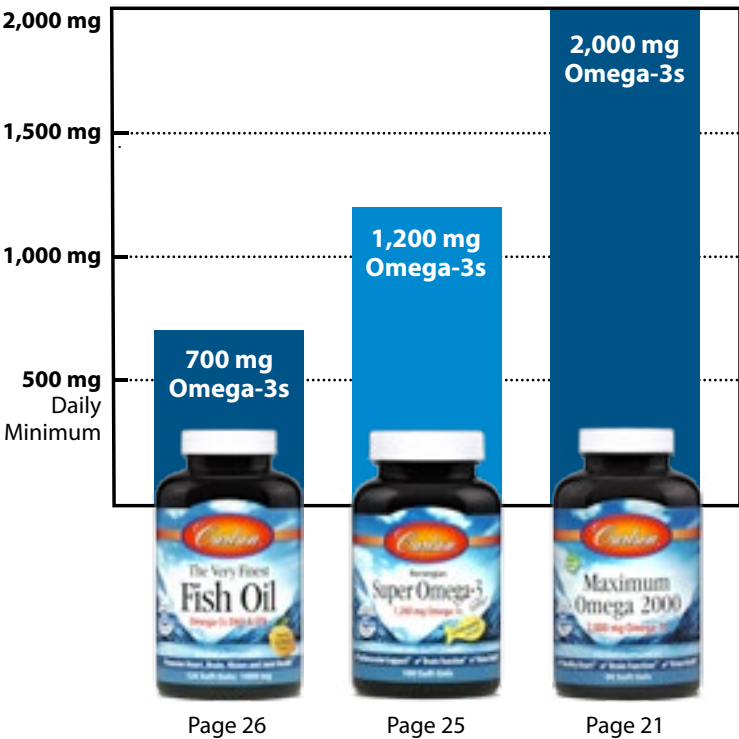
How Much are You Getting?

Experts agree we should consume at least 500 mg of omega-3s daily for cardiovascular system function and optimal wellness. Others recommend supplementation around 1,000 mg of omega-3s daily.

American Heart Association® Omega-3 Daily Intake Guidelines

At least two servings of fish per week are recommended to confer cardioprotective effects.¹ Two 3.5-ounce servings of salmon contain approximately 500 mg each of EPA and DHA. For those of us who don't receive the recommended amount of omega-3s through diet alone, a supplement may be a great option.

Up your Intake Take an omega-3 supplement



¹ AHA Dietary Guidelines. Kraus and other Circulation 2000; 102:2284

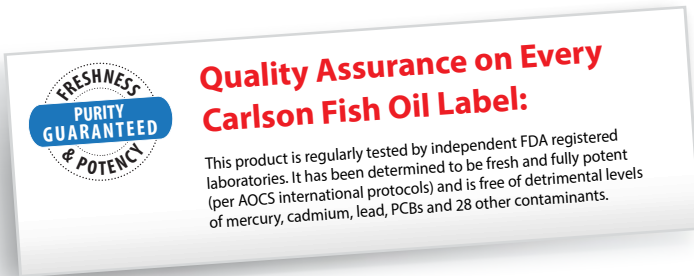
Why Choose Carlson Omega-3s?

- ✓ Professional-strength
- ✓ Superior purity and potency
- ✓ Ultimate freshness
- ✓ Sustainably sourced
- ✓ IFOS certified and non-GMO
- ✓ Molecularly distilled
- ✓ Nitrogen flushed
- ✓ Free of artificial preservatives

At Carlson, our high quality omega-3 products are closely managed from sea to store. We source the highest quality, deep, cold water fish using traditional, sustainable methods. Carlson liquid fish oils are bottled with a touch of all-natural antioxidants and air is removed to help prevent oxidation and ensure long lasting freshness. Our soft gels are encapsulated using the same high standards.

And if that isn't enough...

Freshness, Potency, and Purity are **Guaranteed**



International Fish Oil Standards (IFOS) Program

IFOS is the only third-party testing and certification program exclusively for fish oil supplements. This voluntary program tests the purity, potency, and freshness of fish oils. Carlson has received a five-star rating on over 28 of our fish oils.



Friend of the Sea (FOS)

Friend of the Sea is a non-profit, non-governmental organization, whose mission is marine habitat conservation. Known for their strict guidelines and procedures, FOS is a leading international certification project. Carlson suppliers hold FOS certifications.

Omega-3 Fish Oil Forms

Fish oils are commonly available in **three forms**:

TG Natural Triglyceride	EE Ethyl Ester	rTG Re-Esterified Triglyceride
Fish naturally contain the omega-3 fatty acids EPA and DHA as triglyceride esters (TG). Natural TG fish oils provide a maximum of 300 mg of combined EPA and DHA per 1,000 mg of oil (30% potency). These are the most common fish oils on the market, and some prefer them because of their natural form and close similarity to eating fish.	Since EPA and DHA concentration and ratio can't be altered in natural TG fish oils, the ethyl ester (EE) fish oil form was created. By removing the glycerol backbone of a TG fish oil, the result is three free fatty acids (FFAs) and a free glycerol molecule. An ethanol molecule can then be attached to each of the FFAs, creating EEs. The resulting EE fish oil allows for molecular distillation at reduced temperatures, creating new EPA and DHA ratios and concentrations greater than found naturally in fish.	Re-esterified triglycerides (rTGs) are created when EEs are freed from their attached ethanol groups and are once again bound to a glycerol backbone. rTGs retain the same potency and fatty acid ratios of their EE counterparts.

While there are three common forms of marine oils, Carlson fish oils currently fall into **four categories**:

TG:	Non-concentrated 100% natural triglycerides
EE:	Concentrated ethyl esters
rTG:	Concentrated re-esterified triglycerides
TG & EE:	A mixture of natural TG form and potent EE form

Note: forms are listed after the product name throughout this guide

Whether you choose a TG, EE, or rTG fish oil, your blood levels of EPA and DHA can be easily raised to an optimal amount using minimal daily doses. Omega-3 supplements from fish oil are lifestyle supplements meant to be taken long-term for the benefits associated with an EPA and DHA red blood cell concentration above 8%. An appropriate dose of any form can achieve this goal and help maintain optimal omega-3 blood levels.

How are Carlson Fish Oils Processed?

We go to great lengths to ensure that our fish oils are pure and protected against oxidation. At Carlson, the following steps are taken:

Original Fish Oil →

→ De-acidification

Neutralizes the oil and removes free fatty acids, resulting in clearer fish oil that has less color, flavor, and odor

→ Molecular Distillation

A gentle treatment under high vacuum that separates individual components and removes unwanted fat-soluble contaminants, such as PCBs, dioxins, and pesticides, to enhance purity

→ Winterization

Removes solid fats that can cause cloudiness when the oil is refrigerated (note: some cloudiness may still result at cooler temperatures)

→ Decolorization

Increases shelf-life by mixing the fish oil with natural bleaching clay to further reduce color pigments, heavy metals, and other environmental pollutants

→ Ultra Deodorization

Eliminates any leftover unwanted materials and is the last process in removing any fishy flavor or odor

→ Blending

A touch of natural antioxidants and our award-winning flavors are added to further enhance the fish oil

→ Fresh, Potent, and Pure Fish Oil

All of these steps are essential to ensuring the high-quality of our omega-3 products.

Bottled in Norway for **Maximum Freshness**

Carlson omega-3 liquids are a great option for those who have difficulty swallowing pills or who just prefer a great tasting liquid. Carlson omega-3 liquids come in a variety of award-winning flavors, including lemon, lemon-lime, orange, bubble gum, and fruit splash, as well as natural. While many enjoy their Carlson fish oils directly from the spoon, some prefer them added to a meal or smoothie. Visit www.carlsonlabs.com for a complete omega-3 recipe guide, featuring Carlson omega-3 fish oils.



Award-Winning Taste

All flavors of our high-quality liquid fish oils have been honored with Superior Taste Awards from the renowned chefs and sommeliers of the International Taste & Quality Institute (iTQi).



Wild Norwegian

Cod Liver Oil (TG)

1,100 mg of Omega-3s

- Supports heart, brain, vision, and joint health*
- Provides the beneficial omega-3s EPA and DHA
- Contains vitamins A and D3
- Processed and bottled in Norway for maximum freshness
- Wild-caught and sustainably sourced
- Available in natural flavor, or award-winning lemon or fruit splash flavor



1 Teaspoon Provides	
Vitamin A (from cod liver oil and retinyl palmitate)	850 IU
Vitamin D3 (from cod liver oil and cholecalciferol)	400 IU
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	10 IU
100% Norwegian Cod Liver Oil	4.6 g
Omega-3 Fatty Acids	1,100 mg
DHA (Docosahexaenoic Acid)	500 mg
EPA (Eicosapentaenoic Acid)	400 mg

135110-30

FLAVOR	SIZE	CODE
Lemon	250 mL	1351
	500 mL	1352
Fruit Splash	250 mL	1361
Natural	250 mL	1321
	500 mL	1322

Did You Know?

EPA and DHA are the most important omega-3s in your diet, and you can get them from a variety of sources, including seafood, fortified foods, and dietary supplements.

Omega-3 Liquids



Norwegian
Elite DHA (rTG)
2,270 mg of DHA
Professional Strength

- Promotes cognitive, vision, and mood health*
- Highly concentrated DHA formula
- Processed and bottled in Norway for maximum freshness
- Wild-caught and sustainably sourced
- Available in award-winning natural orange flavor

FLAVOR	SIZE	CODE
Orange	100 mL	1601

1 Teaspoon Provides	
Total Omega-3s	2,920 mg
EPA (Eicosapentaenoic Acid)	430 mg
DHA (Docosahexaenoic Acid)	2,270 mg

1601B-1a



Norwegian
Med Omega™ (rTG)
2,700 mg of Omega-3s
Professional Strength

- Promotes heart, brain, vision, and joint health*
- Highly concentrated, balanced fish oil
- Provides the beneficial omega-3s EPA and DHA
- Processed and bottled in Norway for maximum freshness
- Wild-caught and sustainably sourced
- Available in award-winning natural lemon-lime flavor

FLAVOR	SIZE	CODE
Lemon/Lime	100 mL	1701

1 Teaspoon Provides	
Vitamin E (as d-alpha tocopherol)	10 mg
Omega-3 Fatty Acids	2,700 mg
EPA (Eicosapentaenoic Acid)	1,180 mg
DHA (Docosahexaenoic Acid)	1,180 mg

1701B-3a

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Norwegian

Super Omega-3 (rTG)

2,600 mg of Omega-3s
Professional Strength

- Promotes heart, brain, and overall wellness*
- Highly concentrated, balanced fish oil
- Provides the beneficial omega-3s EPA and DHA
- Processed and bottled in Norway for maximum freshness
- Wild-caught and sustainably sourced
- Available in award-winning natural lemon flavor



1 Teaspoon Provides	
Norwegian Fish Oil Concentrate	4.7 g
Total Omega-3s	2,600 mg
EPA (Eicosapentaenoic Acid)	1,350 mg
DHA (Docosahexaenoic Acid)	1,000 mg

1621B-1a

FLAVOR	SIZE	CODE
Lemon	100 mL	1621

Norwegian

The Very Finest Fish Oil (TG)

1,600 mg of Omega-3s

- Supports heart, brain, vision, and joint health*
- Provides the beneficial omega-3s EPA and DHA
- Processed and bottled in Norway for maximum freshness
- Wild caught and sustainably sourced
- Available in award-winning natural lemon or orange flavor



The Very Finest Fish Oil has received numerous awards for its taste and quality. It's sourced from deep, cold-water fish using traditional, sustainable methods and is bottled in Norway to ensure maximum freshness.

1 Teaspoon Provides	
Vitamin E (as natural d-alpha tocopherol)	10 IU
Omega-3 Fatty Acids	1,600 mg
EPA (Eicosapentaenoic Acid)	800 mg
DHA (Docosahexaenoic Acid)	500 mg

1540B-1 d

FLAVOR	SIZE	CODE
Lemon	200 mL	1540
	500 mL	1545
Orange	200 mL	1650
	500 mL	1655

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Olive Your Heart® (TG)

1,480 mg of Omega-3s

- Supports cardiovascular health and overall wellness*
- Greek Terra Creta extra virgin olive oil
- Premium Norwegian marine oil
- Available in award-winning basil, lemon, garlic, or natural flavor

Carlson is well-known for our high quality, award winning omega-3 nutritional supplements, and now they're available in a premium olive oil. Olive Your Heart blends award winning Terra Creta extra virgin olive oil with premium Norwegian marine oil sourced from deep, cold-water fish, which provides the beneficial omega-3s EPA and DHA. It's mild and smooth, and makes it easy and delicious to add heart healthy nutrients into your diet.

FLAVOR	SIZE	CODE
Basil	250 mL	1961
Lemon	250 mL	1971
Garlic	250 mL	1981
Natural	250 mL	1991

1 Tablespoon Provides	
Norwegian Fish Oil	4.5 g
Omega-3 Fatty Acids	1,480 mg
EPA (Eicosapentaenoic Acid)	360 mg
DHA (Docosahexaenoic Acid)	900 mg
Greek Olive Oil	9.1 g
Omega-9 Fatty Acids	6,800 mg
Oleic Acid	6,300 mg

1961R-19



Natural: Thinly textured and aromatic with a fresh flavor and crisp polyphenol bite.



Basil: Savory and fragrant with a peppery taste and slightly minty finish.



Garlic: Mild, fresh tasting garlic flavor that's sweet, complex, and nutty.



Lemon: A light, refreshing lemon flavor that's delicate, tart, and tangy.

Visit www.oliveyourheart.com for more information and recipes.

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Wild Norwegian
Cod Liver Oil Minis (TG)
280 mg of Omega-3s

- Supports heart, brain, and vision health*
- Provides 280 mg of omega-3s per serving
- Contains vitamins A and D3
- Wild caught and sustainably sourced
- Small, easy-to-swallow soft gels

3 Soft Gels Provide	
Vitamin A (from cod fish liver and retinyl palmitate)	3,750 IU
Vitamin D3 (from cod fish liver and cholecalciferol)	400 IU
Norwegian Cod Liver Oil	1,170 mg
EPA (Eicosapentaenoic Acid)	90 mg
DHA (Docosahexaenoic Acid)	105 mg

1311-3d



FLAVOR	SIZE	CODE
Natural	100 Soft Gels	1311
	250 Soft Gels	1312

Wild Norwegian
Cod Liver Oil Gems™ (TG)
Lightly Lemon

- Supports heart, brain, and joint health*
- Provides 230 mg of omega-3s per soft gel
- Contains vitamins A and D3
- Wild caught and sustainably sourced
- Natural lemon flavored soft gels

1 Soft Gel Provides	
Vitamin A (from Cod Liver Oil)	150 IU
Vitamin D3 (from Cod Liver Oil)	80 IU
Vitamin E (as natural d-alpha tocopherol)	2 IU
Norwegian Cod Liver Oil	1,000 mg
Total Omega-3 Fatty Acids	230 mg
EPA (Eicosapentaenoic Acid)	85 mg
DHA (Docosahexaenoic Acid)	100 mg

1381-1d



FLAVOR	SIZE	CODE
Lightly Lemon	150 Soft Gels	1381
	300 Soft Gels	1383
	150 + 30 Soft Gels	1384

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FLAVOR	SIZE	CODE
Lemon	150 Soft Gels	1391
	300 Soft Gels	1393

Wild Norwegian
Cod Liver Oil Gems™ (TG)
Low Vitamin A

- Supports heart, brain, and immune health*
- Provides 230 mg of omega-3s per soft gel
- Naturally low in vitamin A
- Wild caught and sustainably sourced
- Natural lemon flavored soft gels

1 Soft Gel Provides	
Vitamin A (from cod liver oil)	150 IU
Vitamin D3 (from cod liver oil)	80 IU
Vitamin E (as natural d-alpha tocopherol)	2 IU
Norwegian Cod Liver Oil	1,000 mg
Total Omega-3 Fatty Acids	230 mg
EPA (Eicosapentaenoic Acid)	85 mg
DHA (Docosahexaenoic Acid)	100 mg



FLAVOR	SIZE	CODE
Natural	100 Soft Gels	1301
	250 Soft Gels	1302

Wild Norwegian
Cod Liver Oil Gems™ (TG)
Super 1,000 mg

- Supports a healthy cardiovascular system, cognitive function, and overall wellness*
- Provides 500 mg of omega-3s per serving
- Contains vitamins A and D3
- Wild caught and sustainably sourced

1 Soft Gel Provides	
Vitamin A (from Cod Fish Liver and retinyl palmitate)	2,000 IU
Vitamin D (from Cod Fish Liver and cholecalciferol)	400 IU
Vitamin E (as natural d-alpha tocopherol)	10 IU
Norwegian Cod Liver Oil	1,000 mg
EPA (Eicosapentaenoic Acid)	80 mg
DHA (Docosahexaenoic Acid)	100 mg

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Wild Norwegian

EcoSmart® DHA (EE)



Sustainable Source

- Supports healthy vision and brain function*
- Promotes skin health*
- Provides 500 mg of DHA per soft gel
- Eco-friendly and highly sustainable
- Natural lemon flavored soft gels

EcoSmart DHA is an eco-friendly, Friend of the Sea-certified product that's made from highly sustainable wild calamari species. EcoSmart DHA provides 500 mg of the important omega-3 DHA per soft gel.



1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	6.7 mg
Norwegian Calamari Oil	1,000 mg
Omega-3 Fatty Acids	550 mg
DHA (Docosahexaenoic Acid)	500 mg
EPA (Eicosapentaenoic Acid)	50 mg

1816-1e

FLAVOR	SIZE	CODE
Lemon	60 Soft Gels	1816
	60 + 20 Soft Gels	1814
	120 Soft Gels	1811

Wild Norwegian

EcoSmart® Omega-3 (EE)



Sustainable Source

- Promotes heart, brain, vision, and joint health*
- Provides 500 mg of omega-3s per soft gel
- Eco-friendly and highly sustainable
- Natural lemon flavored soft gels

EcoSmart Omega-3 is an eco-friendly, Friend of the Sea-certified product made from a highly sustainable, wild calamari species. Each soft gel provides 500 mg of the important omega-3s EPA and DHA.



1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	10 IU
Norwegian Calamari Oil	1,000 mg
Omega-3 Fatty Acids	500 mg
DHA (Docosahexaenoic Acid)	360 mg
EPA (Eicosapentaenoic Acid)	140 mg

1801-1d

FLAVOR	SIZE	CODE
Lemon	90 Soft Gels	1801
	90 + 30 Soft Gels	1804
	180 Soft Gels	1802

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FLAVOR	SIZE	CODE
Natural	30 Soft Gels	1690
	60 Soft Gels	1691
	120 Soft Gels	1693

Elite DHA Gems® (rTG)

1,000 mg of DHA

- Supports healthy vision and brain function*
- Promotes skin health*
- Provides 1,000 mg of DHA in a single soft gel
- Wild caught and sustainably sourced

Elite DHA Gems provide a highly concentrated dose of DHA in each soft gel. DHA is the most beneficial omega-3 for supporting brain, vision, and skin health.*

1 Soft Gel Provides	
Fish Oil Concentrate	1,250 mg
Total Omega-3 Fatty Acids	1,020 mg
DHA (Docosahexaenoic Acid)	1,000 mg

1691-1a



FLAVOR	SIZE	CODE
Natural	60 Soft Gels	1686
	120 Soft Gels	1681

Elite EPA Gems® (EE)

1,000 mg of EPA

- Promotes cardiovascular system, joint, and immune health*
- Provides 1,000 mg of EPA in a single soft gel
- Wild caught and sustainably sourced

Elite EPA Gems provides a highly concentrated dose of EPA in a single soft gel. EPA is the most beneficial omega-3 for supporting cardiovascular health and plays an important role in helping to maintain triglyceride levels already within normal range.* EPA is also important for promoting joint and immune system health.*

1 Soft Gel Provides	
Fish Oil Concentrate	1,250 mg
EPA (Eicosapentaenoic Acid)	1,000 mg

1686-3a

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Norwegian

Elite Omega-3 Gems® (EE)

1,600 mg of Omega-3s

- Promotes heart, brain, vision, and joint health*
- Highly concentrated fish oil
- Provides the beneficial omega-3s EPA and DHA
- Wild caught and sustainably sourced


Elite Omega-3 Gems provide professional strength fish oil concentrate. Each serving contains 1,600 mg of omega-3s including the most beneficial omega-3s EPA and DHA, which support heart, brain, vision, and joint health.* Elite Omega-3 Gems are sourced from quality, deep, cold-water fish using traditional methods. Our fish oil is encapsulated, while the rest of the fish is used for human and animal consumption, so no part of the fish is wasted.



FLAVOR	SIZE	CODE
Lemon	60 Soft Gels	1716
	90 Soft Gels	1711
	90 + 30 Soft Gels	1714
	180 Soft Gels	1712
	240 Soft Gels	1713

2 Soft Gels Provide	
Vitamin E (as natural d-alpha tocopherol)	13.4 mg
Norwegian Fish Oil	2.5 g
Omega-3 Fatty Acids	1,600 mg
EPA (Eicosapentaenoic Acid)	800 mg
DHA (Docosahexaenoic Acid)	600 mg

1716-19



Did You Know?

Although we often hear Americans consume too much fat, we aren't eating enough of the right kind of fat. Consuming good fats, like omega-3s, is important for cardiovascular health.

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MCT & Omega-3 (rTG)
with Coconut Oil

- Promotes healthy energy production and fat metabolism*
- Supports heart, brain, vision, and joint health*
- Blends medium-chain triglycerides with wild-caught, sustainably sourced omega-3s
- Made with organic, virgin coconut oil

MCT & Omega-3 provides the benefits of two of the most important healthy fats, medium-chain triglycerides (MCTs) and omega-3 fatty acids, in a single supplement. The MCTs in MCT & Omega-3 are one of the cleanest sources of fuel for our bodies. They're easily digested, metabolized, and absorbed to promote natural energy production and healthy fat metabolism.*

The omega-3 fatty acids in MCT & Omega-3 are wild caught and sustainably sourced from oil-rich fish, including mackerel and sardines. Our bodies benefit most from the long-chain omega-3s EPA and DHA, which support heart, brain, vision, and joint health.* Carlson MCT & Omega-3 provides 600 mg of fish oil and 300 mg each of MCT and organic virgin coconut oil in a single soft gel.

1 Soft Gel Provides	
Fish Oil	600 mg
EPA (Eicosapentaenoic Acid)	180 mg
DHA (Docosahexaenoic Acid)	120 mg
Medium Chain Triglyceride Oil (NLT 95% Caprylic and Capric Acid)	300 mg
Organic Virgin Coconut Oil (NLT 40% Lauric Acid)	300 mg

1761-2c

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Norwegian

Maximum Omega 2000® (rTG)

2,000 mg of Omega-3s

- Promotes cardiovascular and cognitive function*
- Supports brain and vision health*
- Highly concentrated fish oil
- Provides the beneficial omega-3s EPA and DHA
- Wild caught and sustainably sourced

Maximum Omega 2000 is a fish oil concentrate providing 2,000 mg of omega-3s per serving, including 1,250 mg of EPA and 500 mg of DHA. Maximum Omega 2000 is sourced from high quality, deep, cold-water fish using traditional, sustainable methods and is certified by IFOS, a world leader in omega-3 testing.



FLAVOR	SIZE	CODE
Lemon	60 Soft Gels	1720
	90 + 30 Soft Gels	1724
	90 Soft Gels	1721
	180 Soft Gels	1722

2 Soft Gels Provide	
Norwegian Fish Oil Concentrate	2.6 g
Total Omega-3 Fatty Acids	2,000 mg
EPA (Eicosapentaenoic Acid)	1,250 mg
DHA (Docosahexaenoic Acid)	500 mg

1720-1b

Did You Know?

The long-chain omega-3s EPA and DHA are known for supporting heart, brain, and eye health at all stages of life. In fact, our heart, brain, and eyes contain the highest omega-3 content compared to other parts of the human body.

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Norwegian
Mother's DHA (rTG)
500 mg of DHA

- Supports healthy brain function and mood in moms*
- Promotes healthy brain development and vision in growing children*
- May be taken after pregnancy to enhance breast milk quality
- Provides the beneficial omega-3 DHA
- Wild caught and sustainably sourced

Our nutritional needs are higher during pregnancy than at any other time in our adult lives. Recent medical studies have found that the beneficial omega-3 DHA is especially important during pregnancy and lactation. During pregnancy, DHA supports healthy brain function, memory, and mood in moms and promotes healthy brain, vision, and nervous system development in growing babies.* When taken after pregnancy, DHA can help enhance the quality of breast milk. A single Mother's DHA soft gel provides 500 mg of DHA.

FLAVOR	SIZE	CODE
Natural	60 Soft Gels	1560
	120 Soft Gels	1561

1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	6.7 mg
Norwegian Fish Oil Concentrate	1 g
Total Omega-3 Fatty Acids	640 mg
DHA (Docosahexaenoic Acid)	500 mg
EPA (Eicosapentaenoic Acid)	100 mg

1560-2b

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Norwegian

Omega 3-6-9 (TG & rTG)

Fish & Borage Oils

- Promotes heart health, cognitive function, and healthy vision*
- A balanced ratio of omega-3s and omega-6, plus omega-9 from borage seed oil
- Provides vitamin D3 and natural-source vitamin E
- Wild caught and sustainably sourced

Omega-3-6-9 is a unique blend of fish oil and borage seed oil, providing a balance of omega-3s and omega-6, plus omega-9.



FLAVOR	SIZE	CODE
Lemon	90 Soft Gels	1731
	180 Soft Gels	1733

2 Soft Gels Provide	
Vitamin D3 (as cholecalciferol)	50 mcg
Vitamin E (as natural d-alpha tocopherol)	134 mg
Total Omega-3s (from Norwegian fish oil)	400 mg
EPA (Eicosapentaenoic Acid)	266 mg
DHA (Docosahexaenoic Acid)	134 mg
Omega-6 (Gamma Linolenic Acid from borage seed oil)	400 mg
Omega-9 (Oleic Acid from borage seed oil)	300 mg

1731-21

Norwegian

Salmon Oil (TG & EE)

500 mg of Omega-3s

- Promotes heart, brain, and vision health*
- Provides the beneficial omega-3s EPA and DHA
- Wild caught and sustainably sourced



FLAVOR	SIZE	CODE
Natural	50 Soft Gels	1502
	180 Soft Gels	1501
	180 + 50 Soft Gels	1504
	300 Soft Gels	1505

2 Soft Gels Provide	
Vitamin E (as natural d-alpha tocopherol)	13.4 mg
Norwegian Salmon Oil	2,000 mg
Total Omega-3 Fatty Acids	500 mg
EPA (Eicosapentaenoic Acid)	220 mg
DHA (Docosahexaenoic Acid)	180 mg

1501-4c

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FLAVOR	SIZE	CODE
Natural	60 Soft Gels	1830
	120 Soft Gels	1831
	120 + 60 Soft Gels	1834
	240 Soft Gels	1832

Norwegian
Salmon Oil CompleteTM (TG & EE)
700 mg of Omega-3s + Astaxanthin

- Promotes heart health, brain function, and immune support*
- Provides the complete profile of 15 different fatty acids
- Contains the antioxidant carotenoid astaxanthin
- Wild caught and sustainably sourced

2 Soft Gels Provide	
Vitamin E (as natural d-alpha tocopherol)	13 mg
Norwegian Salmon Oil	2.5 g
Total Omega-3 Fatty Acids	700 mg
EPA (Eicosapentaenoic Acid)	250 mg
DHA (Docosahexaenoic Acid)	230 mg
Omega-6s (Dihomo-gamma-linolenic Acid, Eicosadienoic Acid, Gamma-linolenic Acid, Linoleic Acid)	200 mg
Omega-7 (Palmitoleic Acid)	40 mg
Omega-9 (Eicosenoic Acid, Nervonic Acid, Oleic Acid)	600 mg
Astaxanthin	4 mcg

1830-20



FLAVOR	SIZE	CODE
Natural	60 Soft Gels	1510
	120 Soft Gels	1511
	240 Soft Gels	1512

Norwegian
Salmon Oil and GLA (TG & EE)
Omega-3s plus GLA from Borage Seed Oil

- Promotes heart, brain, vision, and joint health*
- Supports healthy prostaglandin balance*
- Provides 825 mg of Norwegian salmon oil per soft gel
- Contains the beneficial omega-3s EPA and DHA
- Wild caught and sustainably sourced

1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	10 IU
Norwegian Salmon Oil	825 mg
EPA (Eicosapentaenoic Acid)	85 mg
DHA (Docosahexaenoic Acid)	70 mg
GLA (Gamma Linolenic Acid)(from borage seed oil)	40 mg

1512-2e

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Norwegian

Super DHA Gems® (rTG)

500 mg of DHA

- Promotes brain and vision health*
- Supports healthy cell signaling*
- Provides the beneficial omega-3 DHA
- Wild caught and sustainably sourced

1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	6.7 mg
Norwegian Fish Oil Concentrate	1 g
Total Omega-3 Fatty Acids	640 mg
DHA (Docosahexaenoic Acid)	500 mg
EPA (Eicosapentaenoic Acid)	100 mg

1552-2c



FLAVOR	SIZE	CODE
Natural	60 Soft Gels	1550
	60 + 20 Soft Gels	1554
	180 Soft Gels	1552
	240 Soft Gels	1553

Norwegian

Super Omega-3 Gems® (EE)

1,200 mg of Omega-3s

- Promotes heart, brain, vision, and joint health*
- Provides the beneficial omega-3s EPA and DHA
- Available in beef or fish gelatin soft gels
- Wild caught and sustainably sourced

2 Soft Gels Provide	
Vitamin E (as natural d-alpha tocopherol)	13.4 mg
Norwegian Fish Oil Concentrate	2 g
Total Omega-3 Fatty Acids	1,200 mg
EPA (Eicosapentaenoic Acid)	600 mg
DHA (Docosahexaenoic Acid)	400 mg

1531-34-2d



Fish Gelatin Soft Gels		
FLAVOR	SIZE	CODE
Natural	50 Soft Gels	1530
	100 Soft Gels	1531
	100 + 30 Soft Gels	1534
	180 Soft Gels	1532

Beef Gelatin Soft Gels		
FLAVOR	SIZE	CODE
Natural	50 Soft Gels	1520
	100 Soft Gels	1521
	100 + 30 Soft Gels	1524
	180 Soft Gels	1526
	250 Soft Gels	1522
	300 Soft Gels	1523

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Norwegian
The Very Finest Fish Oil™ (TG)
700 mg of Omega-3s

- Promotes heart, brain, vision, and joint health*
- Provides the beneficial omega-3s EPA and DHA
- Wild caught and sustainably sourced
- Available in natural lemon or orange flavored soft gels

FLAVOR	SIZE	CODE
Lemon	120 Soft Gels	1631
	120 + 30 Soft Gels	1634
	240 Soft Gels	1632
Orange	120 Soft Gels	1641
	120 + 30 Soft Gels	1644
	240 Soft Gels	1642

2 Soft Gels Provide	
Vitamin E (as natural d-alpha tocopherol)	13.4 mg
Norwegian Fish Oil	2 g
Total Omega-3 Fatty Acids	700 mg
EPA (Eicosapentaenoic Acid)	360 mg
DHA (Docosahexaenoic Acid)	240 mg

1631-2b

Did You Know?

Since our body doesn't produce enough EPA and DHA on it's own, we must get these important nutrients through oil-rich fish, such as salmon. If you don't eat at least two fatty fish meals per week, a fish oil supplement may be a great option.

Fish Oil Multi™ (TG)

Omega-3s with Vitamins & Minerals

- Promotes heart, brain, vision, and joint health*
- Supports optimal wellness*
- A multivitamin and mineral formula with omega-3s
- Iron-free

Fish Oil Multi is an all-in-one supplement that provides essential vitamins and minerals, plus the beneficial omega-3s EPA and DHA. Combined, these important nutrients support heart, brain, muscle, bone, and joint health and promote overall wellness.* Fish Oil Multi also includes the carotenoid lutein to promote healthy vision.*



FLAVOR	SIZE	CODE
Natural	60 Soft Gels	1580
	120 Soft Gels	1581
	180 Soft Gels	1582

1 Soft Gel Provides	
Vitamin A (100% as beta carotene)	1,500 mcg
Vitamin C (from calcium ascorbate)	300 mg
Vitamin D ₃ (as cholecalciferol)	20 mcg
Vitamin E (as d-alpha tocopherol from soy)	134 mg
Thiamin (Vitamin B-1)(from thiamin mononitrate)	7.5 mg
Riboflavin (Vitamin B-2)	8.5 mg
Niacin (as niacinamide)	20 mg
Vitamin B-6 (as pyridoxine HCl)	10 mg
Folate (200 mcg folic acid)	340 mcg DFE
Vitamin B-12 (as cyanocobalamin)	60 mcg
Biotin	150 mcg
Pantothenic Acid (from d-calcium pantothenate)	20 mg
Calcium (from calcium ascorbate, dicalcium phosphate, & d-calcium pantothenate)	35 mg
Iodine (from potassium iodide)	150 mcg
Magnesium (from magnesium oxide)	50 mg
Zinc (from zinc glycinate chelate)	7.5 mg
Selenium (from selenomethionine)	105 mcg
Copper (from copper glycinate chelate and copper carbonate)	1 mg
Manganese (from manganese glycinate chelate)	1.5 mg
Chromium (from chromium nicotinate)	120 mcg
Molybdenum (from molybdenum glycinate chelate)	37.5 mcg
Lutein	400 mcg
Boron (from boron glycinate chelate)	1 mg
Vanadium (from Bis-Maltolato Oxo Vanadium)	200 mcg
Norwegian Fish Oil	400 mg
EPA (Eicosapentaenoic Acid)*	65 mg
DHA (Docosahexaenoic Acid)*	45 mg

1581-7C

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Fish Oil Q™ (EE) CoEnzyme Q10 100 mg

- Promotes cardiovascular system health*
- Supports cellular energy production*
- Combines the benefits of Co-Q10 and omega-3s

Fish Oil Q combines the important omega-3s EPA and DHA and coenzyme Q10 (Co-Q10) to create a powerful heart healthy nutritional supplement. EPA and DHA work together to promote healthy normal blood lipid levels, support arterial wall elasticity, help maintain blood vessel health, and help maintain a stable heartbeat.* Co-Q10 is short for “ubiquinone,” which means “found everywhere.” It’s a vitamin-like substance made in the body that plays a key role in promoting overall heart health and supporting healthy cellular energy production.*

FLAVOR	SIZE	CODE
Natural	60 Soft Gels	1673
	120 Soft Gels	1676

2 Soft Gels Provide	
Norwegian Fish Oil Concentrate	2 g
Total Omega-3 Fatty Acids	1,200 mg
EPA (Eicosapentaenoic Acid)	600 mg
DHA (Docosahexaenoic Acid)	400 mg
CoEnzyme Q10	200 mg

1673-4a

Did You Know?

In the United States, men consume only 50% of the recommended amount of omega-3s, while women consume just 40%.

Wild Norwegian
Baby's DHA (TG)

**Up to 1,100 mg of Omega-3s with
Vitamin D3**

- Supports brain, vision, and nervous system development in growing infants and toddlers*
- Provides the beneficial omega-3 DHA
- Contains 400 IU of vitamin D3, the recommended dose of the American Academy of Pediatrics®
- Made from premium, wild caught, sustainably sourced Norwegian cod
- Easy dosing with included syringe

Baby's DHA provides the important omega-3 DHA, which supports healthy brain, vision, and nervous system development in growing children. DHA for babies is especially important during the first two years, as their brains nearly double in size. Unfortunately, many infants don't get adequate amounts of DHA through breastfeeding or formula alone, which is why a supplement is such a great option. Baby's DHA, made exclusively from Norwegian cold-water Arctic cod, helps ensure your child receives the high quality DHA their growing bodies—and brains—need.



FLAVOR	SIZE	CODE
Lemon	60 mL	1860

5 mL Provides	
Vitamin A (as retinyl palmitate)	260 mcgRAE
Vitamin D (as cholecalciferol)	10 mcg (400 IU)
Vitamin E (as d-alpha tocopherol and mixed tocopherols)	6.7 mg
100% Norwegian Cod Liver Oil	4.6 g
Omega-3 Fatty Acids	1,100 mg
DHA (Docosahexaenoic Acid)	500 mg
EPA (Eicosapentaenoic Acid)	400 mg

1860-1c

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FLAVOR	SIZE	CODE
Lemon	250 mL	1353
Bubble Gum	250 mL	1363

Wild Norwegian
Kid's Cod Liver Oil (TG)
Omega-3s EPA & DHA

- Supports heart, brain, vision, and joint health*
- Promotes healthy growth and development*
- Provides the beneficial omega-3s EPA and DHA
- Contains vitamins A and D3
- Wild caught and sustainably sourced
- Available in award-winning natural lemon or bubble gum flavor

1/2 Teaspoon Provides	
Vitamin A (from cod liver oil and retinyl palmitate)	425 IU
Vitamin D3 (from cod liver oil and cholecalciferol)	200 IU
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	5 IU
100% Norwegian Cod Liver Oil	2.3 g
Omega-3 Fatty Acids	550 mg
DHA (Docosahexaenoic Acid)	250 mg
EPA (Eicosapentaenoic Acid)	200 mg

1353B-3b



FLAVOR	SIZE	CODE
Lemon	250 mL	1850

Wild Norwegian
Kid's DHA (TG)
550 mg of Omega-3s

- Promotes healthy brain and vision development*
- Provides 250 mg of the beneficial omega-3 DHA
- Contains vitamins A and D3
- Wild caught and sustainably sourced
- Available in award-winning natural lemon flavor

1/2 Teaspoon Provides	
Vitamin A (from cod liver oil and retinyl palmitate)	425 IU
Vitamin D3 (from cod liver oil and cholecalciferol)	200 IU
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	5 IU
100% Norwegian Cod Liver Oil	2.3 g
Omega-3 Fatty Acids	550 mg
DHA (Docosahexaenoic Acid)	250 mg
EPA (Eicosapentaenoic Acid)	200 mg

1850B-3b

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Wild Norwegian

Kid's Chewable DHA (TG)

Omega-3s

- Promotes healthy brain and vision development*
- Provides the beneficial omega-3 DHA
- Wild caught and sustainably sourced
- Natural orange flavored chewable, soft gels

Kids love the natural orange flavor burst of Kid's Chewable DHA, and parents love that it provides their children with the beneficial omega-3 DHA. DHA is recognized for its essential role in brain, vision, and nervous system development in growing children.*



FLAVOR	SIZE	CODE
Orange	60 Soft Gels	1570
	120 Soft Gels	1571

1 Soft Gel Provides		1571-1e
Vitamin E (as natural d-alpha tocopherol)	6.7 mg	
Fish Body Oil Concentrate	600 mg	
DHA (Docosahexaenoic Acid)	100 mg	
EPA (Eicosapentaenoic Acid)	50 mg	

Norwegian

Kid's The Very Finest Fish Oil (TG)

800 mg of Omega-3s

- Supports heart, brain, vision, and joint health*
- Provides the beneficial omega-3s EPA and DHA
- Processed and bottled in Norway for maximum freshness
- Wild caught and sustainably sourced
- Available in award-winning natural lemon or orange flavor



FLAVOR	SIZE	CODE
Lemon	200 mL	1543
Orange	200 mL	1653

1/2 Teaspoon Provides		1543B-1e
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	5 IU	
Omega-3 Fatty Acids	800 mg	
EPA (Eicosapentaenoic Acid)	400 mg	
DHA (Docosahexaenoic Acid)	250 mg	

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FLAVOR	SIZE	CODE
Orange	3.3 fl oz (100 mL)	1603

Norwegian
Smart Catch® for Teens (TG)
1,135 mg of DHA

- Promotes healthy brain function and vision*
- Supports healthy nervous system function*
- Highly concentrated DHA formula
- Wild caught and sustainably sourced
- Available in award-winning orange flavor

½ Teaspoon Provides	
Fish Oil Concentrate	2.4 g
Total Omega-3s	1,460 mg
EPA (Eicosapentaenoic Acid)	215 mg
DHA (Docosahexaenoic Acid)	1,135 mg

1603B-1A



FLAVOR	SIZE	CODE
Lemon	90 Soft Gels	1611
	180 Soft Gels	1612

Norwegian
Smart Catch® for Teens (TG)
Omega-3s DHA & EPA

- Promotes healthy brain function and vision*
- Supports healthy development*
- Provides the beneficial omega-3s EPA and DHA
- Wild caught and sustainably sourced
- Natural lemon flavored soft gels

1 Soft Gel Provides	
Vitamin E (as natural d-alpha tocopherol)	13.4 mg
Norwegian Fish Oil	2 g
Total Omega-3 Fatty Acids	700 mg
DHA (Docosahexaenoic Acid)	240 mg
EPA (Eicosapentaenoic Acid)	360 mg

1612-2B

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Your Questions Answered

What types of fish does Carlson use?

Depending on the product, fish species used in Carlson omega-3 products include Arctic cod, Atlantic salmon, sardines, anchovies, mackerel, tuna (in high-DHA fish oils only), and various species of squid. All Carlson omega-3s are sustainably sourced.

What's the difference between fish oil and cod liver oil?

Cod liver oil contains vitamins A and D3, essential nutrients for adults and children, while fish oil does not.

What does “pharmaceutical-grade” mean?

“Pharmaceutical-grade” is a term used as a marketing strategy for selling fish oil. This term can be placed on labels, literature, and advertising regardless of quality. When it comes to omega-3s, “pharmaceutical-grade” has no defined standard.

Why does fish oil make me burp?

Burping is a normal response when eating, but it's more noticeable when it tastes like fish. The freshest fish oil in the world can cause you to burp a fishy taste if the oil is unflavored. Flavored oils reduce the perception of burping because they remove the fishy flavor.

Can omega-3s be taken with medication?

This question is best answered by your physician or pharmacist; however, if your medication allows for fish consumption, you should be able to take a normal dose of fish oil daily.

What is molecular distillation?

Distillation is the process of heating a liquid mixture so the vapors condense and collect as separate liquids. Molecular distillation uses lower temperatures and a vacuum to separate and collect fish oil components. It can also be a process for contaminant removal. Molecular distillation is a useful process for preparing fish oil, but the method alone does not guarantee potency, purity, or quality. At Carlson, molecular distillation is used as part of our fish oil purification and concentration process.

Are fish oils blood thinners?

Fish oils can prolong clotting times when taken in higher doses. Typically, combined EPA and DHA doses above 3,000 mg per day are required before this effect becomes significant.



Dedicated to providing the finest Norwegian
omega-3s since 1982



MK 155B

Carlson®



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