

NORDIC NATURALS[®]

Committed To Delivering
The World's Safest, Most Effective Omega Oils[®]

NORDIC[®]
NATURALS



Since 1995, **NORDIC NATURALS** have been dedicated to making the best fish oil on the planet. Their motivation? The heartfelt belief that a single nutrient can change lives.

“Our love for what we do—and the people we do it for—drives us to do it right at any cost. That means products that are outrageously fresh, obsessively tested, and passionately perfected. Products that taste so pure, you’ll love them”

—Joar Opheim, CEO.

21 years on, Nordic Naturals is the absolute #1 fish oil in the United States (44% of the U.S. market share) and a global leader (35 international markets) in the omega-3 marketplace. Nordic Naturals continue their commitment, to provide the world’s safest, most effective omega oils.



THE NORDIC NATURALS ADVANTAGE

■ PROVEN PURITY

All our oils surpass strict international standards for purity and freshness

■ EXCEPTIONAL FRESHNESS

Oxygen-free, proprietary processing for exceptional freshness from boat to bottle

■ GREAT TASTE

Leading freshness and 100% natural flavouring ensure no fishy smell, taste, or aftertaste

■ TRIGLYCERIDE FORM

Superior triglyceride form for up to 70% better absorption than ethyl ester omegas

■ BACKED BY RESEARCH

A research leader in demonstrated product efficacy

■ RESPONSIBLE DOSING

An effective, expert-recommended daily dose of at least 500 mg EPA+DHA

■ SUSTAINABLE PRACTICES

100% of our fish is wild caught, sourced in line with the Norwegian fisheries management system, and processed with minimal environmental impact

■ LAB CERTIFIED

Certified labs test our oils for heavy metals, dioxins, and PCBs to guarantee purity, freshness, and quality in every batch. Request a certificate of analysis, and compare.

Nordic Naturals sources all of its fish from waters that are certified sustainable by



Friend of the Sea (FOS),

an internationally recognized, non-profit organization whose mission it is to conserve the global marine habitat. FOS operates leading certification projects, which verify the sustainability of fisheries, as well as omega-3 fish oil products. All Nordic Naturals products are FOS certified.

Nordic Naturals has always been at the forefront of sustainable and ethical practices in the natural products industry.



Since our founding, we have been committed to using only **non-GMO** ingredients, tested through the Eurofins Scientific Genescan program.

Every batch of oil used in Nordic Naturals’ products is



third-party tested for environmental toxins including heavy metals, dioxins, and PCBs, ensuring that every product exceeds international quality standards and is at least 750 times purer than fish.

The leading quality of Nordic Naturals Arctic Cod Liver Oil is made possible by having full control over every step of production—**from boat to bottle**. This



ability to control the quality of the raw material, transport, manufacturing, and bottling allows them to deliver a finished product that surpasses the strictest international standards for purity and freshness while also maintaining a competitive price.

Algae Omega™

195 mg EPA/390 mg DHA

100% vegetarian Algae Omega is the ideal alternative to fish oil. Made from microalgae, it offers a plant-based source of beneficial marine omega-3s EPA and DHA without the use of fish. Algae Omega's unique combination of EPA and DHA is a pure, safe, and effective source of both of these omega-3 essential fatty acids.

Key Benefits

- Suitable for vegans
- Unique 100% vegetarian formula provides significant amounts of both EPA and DHA
- Made from microalgae, nature's original source of marine omega-3
- Supports normal heart, brain, and eye health
- Helps optimise normal immune system function
- Same guaranteed purity and freshness as all Nordic Naturals products
- Non-GMO and hexane free



Nutritional Information	
Serving Size: 2 Soft Gels	Servings per container: 30
Per 2 soft gels % NRV*	
Algae Oil	1300 mg
Of which Omega-3s	715 mg
Of which Eicosapentaenoic Acid	195 mg
Docosahexaenoic Acid	390 mg
Other Omega-3s	130 mg

* NRV = Nutrient Reference Value

Ingredients

algal oil (oil from the marine micro-algae Schizochytrium sp., high-oleic sunflower oil, antioxidants: extracts of rosemary, natural mixed tocopherols, fatty acid esters of ascorbic acid), soft gel capsule (modified cornstarch, glycerin, carrageenan, sorbitol, water, colour: carob).

No gluten-containing ingredients, milk derivatives, or artificial colours or flavours.



Flavour	Product Code	UPC Code	Quantity (ml/sg/caps)	No. of Servings	Case Qty	Unit L x W x H	Case L x W x H	Unit (Kg)	Case (Kg)	RRP* *: including VAT where applicable
No Flavour	33626	768990 33663	60	30	12	50 x 94	225 x 169 x 113	0.072	1.038	€28.99

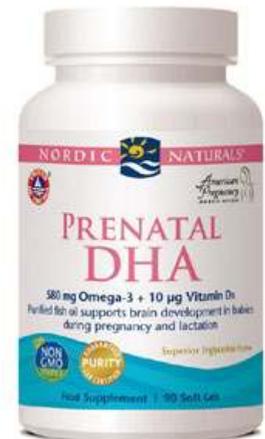
Prenatal DHA

205 mg EPA/480 mg DHA/10 µg D3

The official omega-3 of the American Pregnancy Association, Prenatal DHA is the ideal supplement before, during, and after pregnancy. With 480 mg DHA per serving, Prenatal DHA generously fulfils the international expert-recommended daily intake for DHA, providing safe and effective omega-3 nutrition to moms and babies alike. Plus, we've added 10 µg vitamin D3 (cholecalciferol), the natural form of vitamin D produced by the body, for normal bone development and support.

Key Benefits

- 480 mg of DHA per serving generously fulfils expert-recommended daily DHA
- 10 µg vitamin D3 for normal bone and immune system support
- Doctor recommended due to purity levels
- Unflavoured soft gels for the sensitive palates of pregnant women
- Small, easy-to-swallow soft gels
- Supports optimal brain and visual development in babies
- Triglyceride form for better absorption of essential omega-3s



Nutritional Information		
Serving Size: 2 Soft Gels	Servings per container: 45	
	Per 2 soft gels	% NRV*
Vitamin D3 (cholecalciferol)	10 µg (400 I.U.)	200%
Fish Oil	1000 mg	
Of which Omega-3s	830 mg	
Of which EPA (eicosapentaenoic acid)	205 mg	
DHA (docosahexaenoic acid)	480 mg	
Other Omega-3s	145 mg	

* NRV = Nutrient Reference Value

Ingredients

purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin), antioxidant: vitamin E (as d-alpha tocopherol), vitamin D3 (cholecalciferol in olive oil).

No gluten-containing ingredients, milk derivatives, or artificial colours or flavours.



Flavour	Product Code	UPC Code	Quantity (ml/sg/caps)	No. of Servings	Case Qty	Unit L x W x H	Case L x W x H	Unit (Kg)	Case (Kg)	RRP* *: including VAT where applicable
No Flavour	33741	768990 337413	90	45	12	60 x 107	256 x 194 x 125	0.095	1.334	€28.99

Children's DHA™

175 mg EPA/245 mg DHA

The #1-selling children's omega-3 in the U.S. is made exclusively from 100% wild Arctic cod (Skrei). Delicious strawberry-flavoured Children's DHA liquid is rich in the omega-3 DHA, which is essential for brain function, and is suitable for children twelve months and older. Like all Nordic Naturals fish oils, Children's DHA liquid is lab tested and surpasses strict international standards for purity and freshness.



Key Benefits

- Made from 100% wild Arctic cod
- For children 12 months and older
- Delicious natural strawberry flavour
- Supports learning and brain development
- Nervous system health and immune function
- Triglyceride form for better absorption of essential omega-3s
- Lab tested to ensure exceptional purity and freshness

Ingredients

purified arctic cod liver oil (fish), natural strawberry flavouring, antioxidant: vitamin E (as d-alpha tocopherol), antioxidant: extracts of rosemary.

No gluten-containing ingredients, milk derivatives, or artificial colours or flavours.

Nutritional Information		
Serving Size: ½ Teaspoon (2.5 mL)		Servings per bottle: 48
	Per 2.5 mL	% NRV*
Vitamin A	35–140 µg RE* (115–460 I.U.)	4–18%
Vitamin D	0–0.25 µg (0–10 I.U.)	0–5%
Cod Liver Oil	2500 mg	
Of which Omega-3s	525 mg	
Of which Eicosapentaenoic Acid	175 mg	
Docosahexaenoic Acid	245 mg	
Other Omega-3s	105 mg	

* NRV = Nutrient Reference Value
 ❖ RE = Retinol Equivalents



Flavour	Product Code	UPC Code	Quantity (ml/sg/caps)	No. of Servings	Case Qty	Unit L x W x H	Case L x W x H	Unit (Kg)	Case (Kg)	RRP* *: including VAT where applicable
Strawberry Flavour	33780	768990 337802	119	48	6	47 x 114	207 x 157 x 138	0.213	1.490	€16.99

Ultimate Omega™ Junior

325 mg EPA/225 mg DHA

Ultimate Omega Junior provides high-intensity omega-3s in easy-to-swallow soft gels. And, its great-tasting, all-natural strawberry flavour even makes it chewable. Just one serving of Ultimate Omega Junior delivers 640 mg omega-3s—an excellent way to support normal brain, heart and nervous system health in children five years and older.



Key Benefits

- 550 mg EPA+DHA
- Small, easy-to-swallow soft gel
- Ideal for ages five through teens
- Delicious natural strawberry flavour
- High-intensity omega-3 support for normal brain, heart, and nervous system function
- Triglyceride form for better absorption of essential omega-3s

Nutritional Information		
Serving Size: 2 Soft Gels	Servings per container: 45	
	Per 2 soft gels	% NRV*
Fish Oil	1000 mg	
Of which Omega-3s	640 mg	
Of which EPA (eicosapentaenoic acid)	325 mg	
DHA (docosahexaenoic acid)	225 mg	
Other Omega-3s	90 mg	

* NRV = Nutrient Reference Value

Ingredients

purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural strawberry flavouring), natural strawberry flavouring, antioxidant: vitamin E (as d-alpha tocopherol), antioxidant: extracts of rosemary.

No gluten-containing ingredients, milk derivatives, or artificial colours or flavours.



Flavour	Product Code	UPC Code	Quantity (ml/sg/caps)	No. of Servings	Case Qty	Unit L x W x H	Case L x W x H	Unit (Kg)	Case (Kg)	RRP* *including VAT where applicable
Strawberry Flavour	33798	768990 337987	90	45	12	60 x 107	256 x 194 x 125	0.095	1.334	€29.99

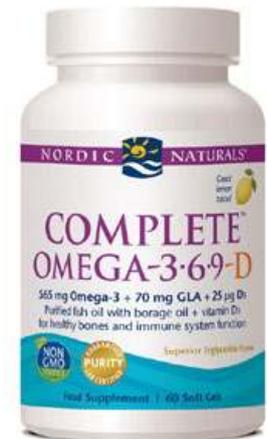
Complete Omega-3.6.9-D™ (Soft gels)

270 mg EPA/180 mg DHA/70 mg GLA/25 µg D3

Complete Omega-D3 provides full-spectrum essential fatty acid support that blends omega-3s EPA and DHA from fish oil for a healthy heart, normal brain function, with omega-6 GLA from borage oil for healthy joints and skin, and omega-9. To this, we've added 25 µg natural vitamin D3 for enhanced bone, immune, and mood health.

Key Benefits

- The omega “multi,” plus 25 µg vitamin D3 per serving
- Delicious natural lemon flavour
- Supports normal heart health, and hormonal balance
- Supports normal skin, hair, and nail health
- Supports flexible joints
- Vitamin D3 helps regulate immunity and sleep rhythms
- Triglyceride form for better absorption of essential omega-3s



Nutritional Information		
Serving Size: 2 Soft Gels	Servings per container: 30	
	Per 2 soft gels	% NRV*
Vitamin D3 (cholecalciferol)	25 µg (1000 I.U.)	500%
Fish Oil	1600 mg	
Of which Omega-3s	565 mg	
Of which EPA (eicosapentaenoic acid)	270 mg	
DHA (docosahexaenoic acid)	180 mg	
Other Omega-3s	115 mg	
Borage Oil	360 mg	
Of which Omega-6s	245 mg	
Of which GLA (Gamma-Linolenic Acid)	70 mg	
Omega-9s (from fish and borage oils)	244 mg	
Of which oleic acid	185 mg	

* NRV = Nutrient Reference Value

Ingredients

purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon flavouring), borage seed oil (borago officinalis), natural lemon flavouring, antioxidant: vitamin E (as d-alpha tocopherol), antioxidant: extracts of rosemary, vitamin D3 (cholecalciferol in olive oil).

No gluten-containing ingredients, milk derivatives, or artificial colours or flavours.



Flavour	Product Code	UPC Code	Quantity (ml/sg/caps)	No. of Servings	Case Qty	Unit L x W x H	Case L x W x H	Unit (Kg)	Case (Kg)	RRP* *: including VAT where applicable
Lemon Flavour	33778	768990 337789	60	30	12	60 x 107	256 x 194 x 125	0.122	1.646	€22.99

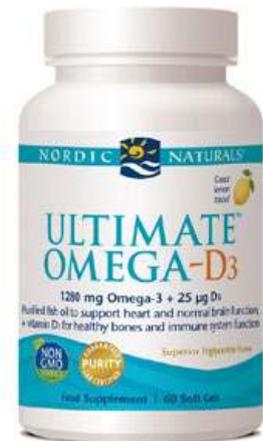
Ultimate Omega[®]-D3

650 mg EPA/450 mg DHA/25 µg D3

The #1-selling omega-3 in the U.S., with added vitamin D3. Each serving of this formula includes concentrated omega-3s EPA and DHA, plus 25 µg of vitamin D3, offering combined support for the heart, brain, bones, and more.

Key Benefits

- High-intensity omega-3 formula, plus vitamin D3
- Supports a healthy heart
- Promotes normal joint mobility
- Supports a healthy immune response
- Triglyceride form for better absorption of essential omega-3s



Nutritional Information		
Serving Size: 2 Soft Gels	Servings per container: 30	
	Per 2 soft gels	% NRV*
Vitamin D3 (cholecalciferol)	25 µg (1000 I.U.)	500%
Fish Oil	2000 mg	
Of which Omega-3s	1280 mg	
Of which EPA (eicosapentaenoic acid)	650 mg	
DHA (docosahexaenoic acid)	450 mg	
Other Omega-3s	180 mg	

* NRV = Nutrient Reference Value

Ingredients

purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, water, glycerin, natural lemon flavouring), natural lemon flavouring, antioxidant: vitamin E (as d-alpha tocopherol), antioxidant: extracts of rosemary, vitamin D3 (cholecalciferol in olive oil).

No gluten-containing ingredients, milk derivatives, or artificial colours or flavours.

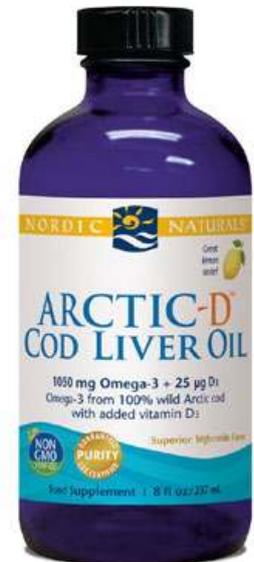


Flavour	Product Code	UPC Code	Quantity (ml/sg/caps)	No. of Servings	Case Qty	Unit L x W x H	Case L x W x H	Unit (Kg)	Case (Kg)	RRP* *including VAT where applicable
Lemon Flavour	33794	768990 337949	60	30	12	60 x 107	256 x 194 x 125	0.122	1.646	€28.99

Arctic-D Cod Liver Oil™

340 mg EPA/510 mg DHA/25 µg D3

Our Arctic-D Cod Liver Oil has always been derived from 100% wild Arctic cod (Skrei)—no other fish oils or synthetic additives are ever used. Unlike fermented oils, our cod liver oils are manufactured to eliminate free fatty acids and prevent rancidity. In addition to all the omega-3 benefits of cod liver oil, each serving of this lemon-flavoured liquid also provides 25 µg of vitamin D3, offering combined support for the heart, brain, bones, and more.



Key Benefits

- Made from 100% wild Arctic cod
- Delicious natural lemon flavour
- Added natural vitamin D3 for further bone, and immune support
- Essential support for the heart, brain, and immune and nervous systems
- Surpasses all international quality standards for purity and freshness
- Triglyceride form for better absorption of essential omega-3s

Ingredients

purified arctic cod liver oil (fish), natural lemon flavouring, antioxidant: vitamin E (as d-alpha tocopherol), antioxidant: extracts of rosemary, vitamin D3 (cholecalciferol in olive oil).

No gluten-containing ingredients, milk derivatives, or artificial colours or flavours.

Nutritional Information		
Serving Size: 1 Teaspoon (5 ml)	Servings per bottle: 48	
	Per 5 mL	% NRV*
Vitamin A	70–275 µg RE* (230–920 I.U.)	9–34%
Vitamin D3 (cholecalciferol)	25 µg (1000 I.U.)	500%
Cod Liver Oil	4500 mg	
Of which Omega-3s	1050 mg	
Of which EPA (eicosapentaenoic acid)	340 mg	
DHA (docosahexaenoic acid)	510 mg	
Other Omega-3s	210 mg	

* NRV = Nutrient Reference Value
 † RE = Retinol Equivalents



Flavour	Product Code	UPC Code	Quantity (ml/sg/caps)	No. of Servings	Case Qty	Unit L x W x H	Case L x W x H	Unit (Kg)	Case (Kg)	RRP* *including VAT where applicable
Lemon Flavour	33785	768990 337857	237	48	6	60 x 138	256 x 207 x 163	0.403	2.748	€27.99

Complete Omega-3.6.9-D (Liquid)

615 mg EPA/450 mg DHA/170 mg GLA/25 µg D3

Complete Omega-D3 provides full-spectrum essential fatty acid support that blends omega-3s EPA and DHA from fish oil for a healthy heart and normal brain function. With omega-6 GLA from borage oil for healthy joints and skin, and omega-9. To this, we've added 25 µg natural vitamin D3 for maintaining normal bone and immune health.



Key Benefits

- The omega “multi,” plus 25 µg vitamin D3 per serving
- Delicious natural lemon flavour
- Supports normal heart health, and hormonal balance
- Supports normal skin, hair, and nail health
- Supports flexible joints
- Vitamin D3 helps regulate immunity and sleep rhythms
- Triglyceride form for better absorption of essential omega-3s

Ingredients

purified deep sea fish oil (from anchovies and sardines), borage seed oil (borago officinalis), natural lemon flavouring, antioxidant: vitamin E (as d-alpha tocopherol), antioxidant: extracts of rosemary, vitamin D3 (cholecalciferol in olive oil).

No gluten-containing ingredients, milk derivatives, or artificial colours or flavours.

Nutritional Information		
Serving Size: 1 Teaspoon (5 mL)	Servings per bottle: 48	
	Per 5 mL	% NRV*
Vitamin D3 (cholecalciferol)	25 µg (1000 I.U.)	500%
Fish Oil	3672 mg	
Of which Omega-3s	1310 mg	
Of which EPA (eicosapentaenoic acid)	615 mg	
DHA (docosahexaenoic acid)	450 mg	
Other Omega-3s	245 mg	
Borage Oil	806 mg	
Of which Omega-6	500 mg	
Of which GLA (gamma-linolenic acid)	170 mg	
Omega-9 (from fish and borage oils)	500 mg	
Of which oleic acid	400 mg	

* NRV = Nutrient Reference Value



Flavour	Product Code	UPC Code	Quantity (ml/sg/caps)	No. of Servings	Case Qty	Unit L x W x H	Case L x W x H	Unit (Kg)	Case (Kg)	RRP* *: including VAT where applicable
Lemon Flavour	33772	768990 337727	237	48	6	60 x 138	256 x 207 x 163	0.403	2.748	€31.99

Omega Joint Xtra™

540 mg EPA/360 mg DHA/1500 mg Glucosamine Sulfate/40 mg UC-II® Collagen

Omega Joint Xtra is a synergistic blend of high-intensity omega-3 and glucosamine sulfate to support the repair of cartilage and the rebuilding of joints. This combination provides better joint support—and value—in adults of all ages, than each of these products taken alone.

Key Benefits

- Concentrated omega-3s plus glucosamine sulfate and UC-II natural collagen
- Supports normal joint comfort and mobility
- Promotes repair of cartilage and the rebuilding of healthy joints
- Helps maintain healthy joints
- Triglyceride form for better absorption of essential omega-3s



Supplement Facts		
Serving Size: 3 Soft Gels	Servings per container: 30	
Amount Per Serving		% Daily Value*
Calories	25	
Calories from fat	20	
Total Fat	2.0 g	3%
Saturated Fat	0 g	0%
Trans Fat	0 g	†
Total Carbohydrate	2.0 g	0%
Glucosamine Sulfate	1500 mg	†
UC-II® Natural Collagen Concentrate	40 mg	†
Undenatured Type II Collagen	10 mg	†
Total Omega-3s	1065 mg	†
EPA (Eicosapentaenoic Acid)	540 mg	†
DHA (Docosahexaenoic Acid)	360 mg	†
Other Omega-3s	165 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
Less than 5 mg of Cholesterol per serving.

Ingredients

purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, purified water, glycerin, carob color, natural lemon flavor), glucosamine sulfate (from non-GMO, organic corn), beeswax, UC-II® natural collagen concentrate, vitamin E (d-alpha tocopherol), rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colours or flavours.



Flavour	Product Code	UPC Code	Quantity (ml/sg/caps)	No. of Servings	Case Qty	Unit L x W x H	Case L x W x H	Unit (Kg)	Case (Kg)	RRP* *including VAT where applicable
No Flavour	01881	768990 018817	90	30	12	60 x 107	256 x 194 x 125	0.185	2.395	€48.99

Ultimate Omega[®]+CoQ10

650 mg EPA/450 mg DHA/100 mg CoQ10 Ubiquinone

Nordic Naturals has combined concentrated omega-3 fish oil and Coenzyme Q10 (CoQ10) to create a powerful formula that supports normal heart and circulatory system function. Ultimate Omega +CoQ10 offers the proven cardiovascular benefits of EPA and DHA from fish oil with CoQ10, now with 100 mg in every serving. Think of it as the two most important heart support nutrients in one high-quality product.

Key Benefits

- 100 mg of CoQ10 to help supply the heart with the energy (ATP) it requires for normal function
- Double-strength EPA+DHA for more omega-3s in fewer soft gels
- Supports normal heart rhythm, healthy blood vessels and circulation
- Helps maintain normal blood pressure and triglyceride levels
- Triglyceride form for better absorption of essential omega-3s



Supplement Facts	
Serving Size: 2 Soft Gels	Servings per container: 30
Amount Per Serving	% Daily Value*
Calories	20
Calories from fat	18
Total Fat	2.0 g 3%
Saturated Fat	0.1 g 1%
Trans Fat	0 g †
Coenzyme Q10	100 mg †
Total Omega-3s	1280 mg †
EPA (Eicosapentaenoic Acid)	650 mg †
DHA (Docosahexaenoic Acid)	450 mg †
Other Omega-3s	180 mg †

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.
Less than 5 mg of Cholesterol per serving.

Ingredients

purified deep sea fish oil (from anchovies and sardines), soft gel capsule (gelatin, glycerin, purified water, carob color, natural lemon flavor), coenzyme Q10, beeswax, d-alpha tocopherol, rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colours or flavours.



Flavour	Product Code	UPC Code	Quantity (ml/sg/caps)	No. of Servings	Case Qty	Unit L x W x H	Case L x W x H	Unit (Kg)	Case (Kg)	RRP* *including VAT where applicable
Un-Flavoured	01890	768990 018909	60	30	12	60 x 107	256 x 194 x 125	0.112	1.646	€34.99