

Directions: As a dietary supplement, take three softgels daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's Natural Omega-3 Arctic Cod Liver Oil Softgels supply DHA and EPA from premium pharmaceutical grade cod liver oil as well as other important nutrients (e.g., vitamins A & D3). The cod liver oil used in this formula is derived from deep sea, cold water cod caught off the pristine coastal waters of the Arctic that has been cold pressed and has undergone a 4-step purification process virtually eliminating all heavy metals (e.g., mercury), PCBs and other contaminants, as well as the unpleasant fishy taste and odor typically associated with marine fish oils. In addition, a more bioavailable/stable natural triglyceride form of cod liver oil is used instead of the common synthetic ethyl ester form, which often becomes oxidized/rancid. Plus, this product has been 3rd party tested for purity and potency. Available in easy-to-swallow softgels for maximum assimilation and absorption.

Free of milk, egg, crustacean shellfish, tree nuts, peanuts, wheat and soybeans. Also free of yeast, gluten, barley, rice, sodium and sugar.

Manufactured for
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Bluebonnet



Natural Omega-3

ARCTIC

COD LIVER OIL

NATURAL TRIGLYCERIDE FORM

Pharmaceutical Grade Fish Oil
Dietary Supplement
90 Softgels



Supplement Facts

Serving Size 3 Softgels

Serving Per Container 30

| Amount Per Serving | | %Daily Value |
|---|---------|--------------|
| Calories | 20 | |
| Calories from fat | 15 | |
| Total Fat | 1.5 g | 2 |
| Saturated fat | 0.24 g | |
| Polyunsaturated fat | 0.5 g | |
| Monounsaturated fat | 0.7 g | |
| Vitamin A (as retinyl palmitate, cod liver oil) | 2500 IU | 50 |
| Vitamin D ₃ (as cholecalciferol, cod liver oil) | 500 IU | 125 |
| Total Omega-3 Fatty Acids | 360 mg | * |
| DHA (docosahexaenoic acid) | 165 mg | * |
| EPA (eicosapentaenoic acid) | 120 mg | * |
| Other Omega-3's | 75 mg | * |

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

*Daily Value not established.

Other ingredients: Gelatin, glycerol, purified water.
Contains: Fish (cod)

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