

List No. 1325  
L201  
Cat. 593  
5A005



# Cod Liver Oil

DIETARY SUPPLEMENT  
**100 SOFTGELS**

With Heart Healthy  
Omega-3s<sup>†</sup>  
Excellent Source of  
Vitamin A & Vitamin D<sub>3</sub>

<sup>†</sup>This statement has not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

## Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
Calories 5	
Calories from Fat 5	
Total Fat 0.5 g	< 1%**
Cholesterol less than 5 mg	< 1%**
Vitamin A (as Retinyl Palmitate) 1250 IU	25%
Vitamin D <sub>3</sub> (as Cholecalciferol) 130 IU	32%
Cod Liver Oil 530 mg	*
Total Omega-3 Fatty Acids 74 mg	*
Omega-3 EPA (Eicosapentaenoic Acid) 24.5 mg	
Omega-3 DHA (Docosahexaenoic Acid) 24.5 mg	

\*Daily Value not established.

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

Provides 49 mg of EPA and DHA combined per serving, which is 10% of the recommended amount of omega-3s.<sup>†</sup>

<sup>†</sup> "Recommended amount" equates to a calculation based on approximately 3,500 mg of omega-3 fatty acids EPA & DHA found in two servings of fatty fish per week.

**No Color Added • No Artificial Flavors  
No Preservatives • No Yeast or Starch • Gluten Free**

**SUGGESTED USE:** Take one softgel one to three times daily with a meal. For easier swallowing, take with water before and during ingestion. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

**Do not use if imprinted seal under cap is broken or missing.**

**CAUTION:** Some supplements may interact with certain medications. If you are taking any medication, please consult with your physician before using this product.

**OTHER INGREDIENTS:** Gelatin, Glycerin, Water.  
Contains: Fish (Cod).

Distributed by:  
**Nature Made Nutritional Products**  
Mission Hills, CA 91346-9606, U.S.A.  
**1-800-276-2878**

[www.NatureMade.com](http://www.NatureMade.com)

Cod Liver Oil softgels are made to Nature Made's guaranteed purity and potency standards.

Lot.:  
Exp.: