

Promotes Healthy Bones, Brain-Nerve Function, Heart & Joints.*

Norwegian

Dietary
Supplement

Purity
Potency
Freshness
Guaranteed

RICH IN
OMEGA-3'S
EPA & DHA

Carlson

Cod Liver Oil ^{Gems}™

Super 1000 mg

250 SOFT GELS

1302 - 4b

Carlson: Specializing in Norwegian Cod Liver Oil since 1982.

From the deep, pristine waters near Norway, Carlson provides the finest cod liver oil, naturally rich in EPA and DHA, and vitamins A and D. Ten (10) IU of Vitamin E has been added to each 1000 mg soft gel to protect the freshness of the oil.

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% ☆
Cholesterol	4 mg	1%
Vitamin A (from Cod Fish Liver and retinyl palmitate)	2000 IU	40%
Vitamin D (from Cod Fish Liver and cholecalciferol)	400 IU	100%
Vitamin E Natural (d-Alpha Tocopherol)	10 IU	33%
Norwegian Cod Liver Oil	1000 mg	†
providing:		
EPA (Eicosapentaenoic Acid)**	80 mg	†
DHA (Docosahexaenoic Acid)**	100 mg	†

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

† Daily Value (DV) not established.

** Reported as triglycerides.

Other Ingredients: Soft Gel Shell: Beef gelatin, glycerin, water.

Contains fish (cod).

Directions: Take one soft gel one to three times daily, AT MEALTIME.

PURITY GUARANTEED

This product is regularly tested (using AOAC international protocols) for freshness, potency and purity by an independent, FDA-registered laboratory and has been determined to be fresh, fully-potent and free of detrimental levels of mercury, cadmium, lead, PCB's and 28 other contaminants.

POTENCY & QUALITY GUARANTEED

Distributed by Carlson Division of J.R. Carlson
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• An F.D.A. Regulated Facility •



* This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.