

Light-Lemon Clean Taste Inside Each Soft Gel

Carlson

Dietary
Supplement

Purity
Potency
Freshness
Guaranteed

May be
Chewed

Provides
EPA & DHA

Naturally
Low in
Vitamin A

Norwegian

Cod Liver Oil

Gems™

Lightly Lemon 1000 mg

Rich in Omega-3's

30 SOFT GELS

1384 - 1c

From the deep, pristine waters near Norway, Carlson provides the finest cod liver oil, naturally rich in the important Omega-3's EPA and DHA, and supplying Vitamins A and D. Natural Vitamin E has been added to each soft gel to protect the freshness of the oil.

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per	1 Soft Gel	% DV
Calories		10	
Calories from Fat		10	
Total Fat		1 g	2% ☆
Cholesterol		4 mg	1%
Vitamin A (from Cod Liver Oil)		150 IU	3%
Vitamin D ₃ (from Cod Liver Oil)		80 IU	20%
Vitamin E Natural (d-alpha tocopherol)		2 IU	7%
Norwegian Cod Liver Oil		1000 mg	†
Total Omega-3 Fatty Acids		230 mg	†
EPA (Eicosapentaenoic Acid)		85 mg	†
DHA (Docosahexaenoic Acid)		100 mg	†
Other Omega-3's		45 mg	†

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

† Daily Value (DV) not established.

Other Ingredients: Natural lemon flavor. Soft Gel Shell: Beef gelatin, glycerin, water. Contains fish (cod).

Directions: Adults take one soft gel daily, at mealtime. May be chewed. Gluten-free. Preservative-free.

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POTENCY & QUALITY
GUARANTEED

