

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

100% Norwegian  
Quality Cod Liver Oil

RICH IN  
OMEGA-3'S  
EPA & DHA

Dietary  
Supplement

Purity  
Potency  
Freshness  
Guaranteed

Carlson

Cod Liver Oil <sup>Gems™</sup>

Lemon Flavor  
May Be Chewed

LOW VITAMIN A

150 SOFT GELS: 1000 MG

91 - 1691

*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 supplying Vitamins A & D. Natural Vitamin E has been added to each 1000 mg soft gel to protect the freshness of EPA & DHA, both within the soft gels and our bodies.

#### Supplement Facts

Serving Size 1 or 5 Soft Gels

Servings Per Container 150 or 30

|                                             | Amount Per | 1 Soft Gel | % DV | 5 Soft Gels | % DV |
|---------------------------------------------|------------|------------|------|-------------|------|
| Calories                                    |            | 10         |      | 45          |      |
| Calories from Fat                           |            | 10         |      | 45          |      |
| Total Fat                                   |            | 1 g        | 2% ☆ | 5 g         | 8% ☆ |
| Cholesterol                                 |            | 4 mg       | 1%   | 20 mg       | 7%   |
| Vitamin A (from Cod Liver Oil)              |            | 150 IU     | 3%   | 750 IU      | 15%  |
| Vitamin D <sub>3</sub> (from Cod Liver Oil) |            | 80 IU      | 20%  | 400 IU      | 100% |
| Vitamin E Natural (d-alpha tocopherol)      |            | 2 IU       | 7%   | 10 IU       | 33%  |
| Norwegian Cod Liver Oil                     |            | 1000 mg    | †    | 5000 mg     | †    |
| Total Omega-3 Fatty Acids                   |            | 230 mg     | †    | 1150 mg     | †    |
| EPA (Eicosapentaenoic Acid)                 |            | 85 mg      | †    | 425 mg      | †    |
| DHA (Docosahexaenoic Acid)                  |            | 100 mg     | †    | 500 mg      | †    |
| Other Omega-3's                             |            | 45 mg      | †    | 225 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 to five soft gels daily, at mealtime. May chew soft gels if desired. Five soft gels provide one teaspoonful (5 ml) of Carlson Cod Liver Oil Liquid. Gluten-free. Preservative-free.

#### 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 Laboratories, Inc., Arlington Heights, IL 60004-1985  
888-234-5856 • 847-255-1600 • [www.carlsonlabs.com](http://www.carlsonlabs.com)  
• 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.

Light-Lemon Clean Taste Inside Each Soft Gel