

swanson.com
or call 1-800-437-4148

- Supports cardiovascular health and blood sugar metabolism
- Supports cognitive function and healthy brain development
- Maintains immune health

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one softgel two times per day with food and water. For maximum benefit, take four softgels per day.

ecOmega® is a registered trademark of Marine Nutriceutical Corp., exclusively licensed to Swanson Health Products.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, especially blood-thinning medication, or have a medical condition. Keep out of reach of children. Do not use if seal is broken. Store in a cool, dry place. Do not refrigerate.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Pristine Norwegian Cod Liver Oil

Heart and Brain Health

1 gram per softgel

DIETARY SUPPLEMENT | 60 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value
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Calories	10
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Total Fat	1 g	1%†
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Vitamin A (from ecOmega® Norwegian cod liver oil)	114 mcg RAE	13%
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Vitamin D (from ecOmega® Norwegian cod liver oil)	1 mcg	5%
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ecOmega® Norwegian Cod Liver Oil	1 g	*
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Providing Minimum:

EPA (eicosapentaenoic acid) as triglyceride (TG)	70 mg	*
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DHA (docosahexaenoic acid) as triglyceride (TG)	100 mg	*
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Other Omega-3 Fatty Acids as triglyceride (TG)	20 mg	*
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†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water, natural lemon flavor, proprietary antioxidant blend (consisting of rosemary extract, ascorbyl palmitate & natural tocopherols). Contains fish (cod).

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