

From the moment raw ingredients reach our facilities to the time a finished supplement is packaged, stringent analysis confirms the potency, purity and nutritional content of every nutritional product that bears the Vitamin World name. **We guarantee it!**

No Artificial Color, Flavor or Sweetener, **No** Preservatives, No Sugar, **No** Starch, **No** Milk, **No** Lactose, **No** Soy, **No** Gluten, **No** Wheat, **No** Yeast, **No** Shellfish. Sodium Free.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

\*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.

TO REORDER PROD. # **1153**  
[www.vitaminworld.com](http://www.vitaminworld.com)

**1-800-228-4533**

Carefully Manufactured by  
Vitamin World, Inc.  
Ronkonkoma, NY 11779 U.S.A.  
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B1152 11G



# Cod Liver Oil



**Promotes Bone  
and Skin Health\***

**250**

Easy to Swallow  
Rapid Release  
**SOFTGELS**

Vitamin Supplement

**DIRECTIONS:** For adults, take one (1) softgel up to four times daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Cholesterol	<5 mg	1%
Vitamin A	1,250 IU	25%
Vitamin D	135 IU	34%

**NORD-GOLD PREMIUM™ Cod Liver Oil** 415 mg  
provides 90 mg of Total Omega-3 Fatty Acid† comprising of:  
EPA (Eicosapentaenoic Acid) 37 mg  
DHA (Docosahexaenoic Acid) 36 mg  
Other Fatty Acids

**\*\*Daily Value not established.**

**Ingredients:** Cod Liver Oil, Gelatin, Vegetable Glycerin, Retinyl Palmitate, Cholecalciferol.

Contains fish (cod) ingredients.

†As Natural Triglycerides

**NORD-GOLD PREMIUM™** is selected from the finest deep sea, cold water fish. This product is scientifically formulated to concentrate Vitamins A & D.

**When choosing Cod Liver Oil...  
make sure it's NORD-GOLD PREMIUM™!**