**Suggested Usage:** Take 1 softgel daily with a meal.

**Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.**

NOW® Cod Liver Oil abounds in omega-3 fatty acids, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). It is also an excellent source of vitamins A and D-3. Cod liver oil has a long history of traditional use for the support of overall health and well-being.*

The natural cod liver oil used in this softgel is manufactured under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants such as PCBs, dioxins, mercury and other heavy metals.

***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.**

**Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.**

**Natural color variation may occur in this product.**

Store in a cool, dry place after opening.

SOFTGEL SIZE

EUA # 1482865

**CODE 1744B** V4

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NOW®

# Cod Liver Oil

## 1000 mg - Extra Strength

**Cardiovascular Support***

Vitamins A & D-3, EPA, DHA

**180 Softgels**

**A Dietary Supplement**

Contains Gelatin

**Omega-3/Fish Oils**

*Family owned since 1968.*

## Supplement Facts

Serving Size 1 Softgel

| | Amount Per Serving | % Daily Value |
|---|---|---|
| Calories | 10 | |
| Calories from Fat | 10 | |
| Total Fat | 1 g | 2%* |
| Vitamin A (from Retinyl Palmitate and Cod Liver Oil) | 1,000 IU | 20% |
| Vitamin $D_3$ (from Cholecalciferol and Cod Liver Oil) | 400 IU | 100% |
| Cod Liver Oil | 1 g (1,000 mg) | † |
| Eicosapentaenoic Acid (EPA) | 70 mg | † |
| Docosahexaenoic Acid (DHA) | 100 mg | † |

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other ingredients: Softgel Capsule (bovine gelatin, glycerin, water).

Contains fish (cod).

Distributed & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA nowfoods.com

Cod Liver Oil is product of Norway.

Not manufactured with wheat, gluten, soy, corn, milk, egg or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This extra strength product has more Cod Liver Oil (1,000 mg per softgel) than our Cod Liver Oil 650 mg softgel product.