



Carlson®



Norwegian

Cod Liver Oil

1,100 mg Omega-3s
+ Vitamins A & D₃

DIETARY SUPPLEMENT

✓ Cardiovascular Function*
✓ Cognitive Health* ✓ Joint Support*

16.9 fl oz (500 mL)

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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The Finest Norwegian Cod Liver Oil

Supplement Facts

Serving Size 1 Teaspoon (5 mL)

Servings Per Container 100

	Amount Per Serving	% DV
Calories	40	
Total Fat	4.5 g	6% **
Saturated Fat	0.5 g	3% **
Cholesterol	15 mg	5%
Vitamin A (from cod liver oil and retinyl palmitate)	255 mcgRAE*	28%
Vitamin D (from cod liver oil and cholecalciferol)	10 mcg (400 IU)	50%
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	6.7 mg	45%
Norwegian Cod Liver Oil	4.6 g	†
Omega-3 Fatty Acids*	1,100 mg	†
DHA (Docosahexaenoic Acid)*	500 mg	†
EPA (Eicosapentaenoic Acid)*	400 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established. *Reported as triglycerides.

Contains fish (cod).

*Vitamin A: 255 mcgRAE = 850 IU

Directions: Adults: take one teaspoonful daily **at mealtime**. After initially opening the bottle, keep refrigerated and preferably use within 100 days.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

PURITY GUARANTEED

This product is regularly tested by independent FDA registered laboratories. It has been determined to be fresh and fully potent (per AOCS international protocols) and is free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.

Manufactured & bottled in Norway for J.R. Carlson Laboratories, Inc.
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