



SEALED FOR YOUR PROTECTION

Seven Seas cod liver oil with vitamins A&D helps maintain healthy hair, skin and nails, heart and brain function and all round general good health*

SUPPLEMENT FACTS

For Children Ages 1-3 yrs
Serving Size: 1 Tsp (5 ml) Once Daily
Servings Per Container: 90

	Amount per serving	% DV
Vitamin A (as retinyl palmitate)	2000 IU	80%
Vitamin D (as cholecalciferol)	200 IU	50%
Vitamin E (as dl-alpha tocopherol)	5 IU	50%

Cod Liver Oil	4.6g	†
Omega-3 Fatty Acids	1.1g	†
Docosahexaenoic Acid (DHA)	350mg	†
Eicosapentaenoic Acid (EPA)	425mg	†

For Adults & Children 4 Yrs and over
Serving Size: 2 Tsp (10 ml) Once Daily
Servings Per Container: 45

Calories	84	
Calories from Fat	84	
Total Fat	9g	14%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	46mg	15%
Vitamin A (as retinyl palmitate)	4000 IU	80%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopherol)	10 IU	33%

Cod Liver Oil	9.2g	†
Omega-3 Fatty Acids	2.2g	†
Docosahexaenoic Acid (DHA)	700mg	†
Eicosapentaenoic Acid (EPA)	850mg	†

% Daily Values (DV) are based on a 2,000 calorie diet.
†Daily Value (DV) not established.
If you are pregnant, likely to become pregnant or breast feeding only take this product after consulting a doctor.

Ingredients: Cod Liver Oil.

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

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