



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969



Emulsified Cod Liver Oil

Dietary Supplement

Mint Flavor



16 fl oz (1pt) (473 ml)

- DO NOT USE IF SEAL IS BROKEN.
- KEEP OUT OF REACH OF CHILDREN.
- STORE IN A COOL, DRY PLACE.
- REFRIGERATE AFTER OPENING.

Supplement Facts

Serving Size 1 Tablespoon (15 ml)
Servings Per Container 31

Amount Per Serving		% Daily Value
Calories	60	
Total Fat	5 g	6%*
Saturated Fat	1 g	5%*
Trans Fat	0 g	
Polyunsaturated Fat	1.5 g	
Monounsaturated Fat	2 g	
Cholesterol	20 mg	7%*
Total Carbohydrate	4 g	1%*
Vitamin A	1,410 mcg RAE	157%
(from cod liver oil and vitamin A palmitate)		
Vitamin D	11.8 mcg	59%
(from cod liver oil and cholecalciferol)		
Vitamin E	10 mg	67%
(as d-alpha tocopheryl acetate)		
Cod Liver Oil	5 g	†
EPA (eicosapentaenoic acid)	370 mg	†
DHA (docosahexaenoic acid)	420 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other ingredients: Purified water, glycerol, sorbitol, sunflower lecithin, peppermint oil, gum arabic, rosemary extract, spearmint oil, guar gum, sorbic acid (preservative), xanthan gum, sodium benzoate (preservative).

Contains fish (cod).

MADE IN CANADA
DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**
 Fargo, ND 58104 USA
 TO REORDER, CALL TOLL FREE 1-800-437-4148
 or visit our website at www.swansonvitamins.com

Solvent free.

SUGGESTED USE:

As a dietary supplement, take one tablespoon (15 ml) per day. Women who are pregnant or likely to become pregnant should not exceed recommended dose.

WARNING: Consult your healthcare provider before use if you are taking a blood-thinning medication.

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