



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Double-Strength Cod Liver Oil

Vitamin Supplement



250 softgels

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

SUGGESTED USE: As a dietary supplement, take one softgel one to three times per day with food and water. Women who are pregnant or likely to become pregnant should not exceed recommended dose.

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	5	
Calories from Fat	5	
Total Fat	0.5 grams	<1%†
Vitamin A (from ecoMarine® Norwegian cod liver oil)	2,500 IU	50%
Vitamin D (from ecoMarine® Norwegian cod liver oil)	270 IU	68%
ecoMarine® Norwegian Cod Liver Oil	700 mg	*
Total Omega-3 Fatty Acids	140 mg	*
EPA (eicosapentaenoic acid) as triglyceride (TG)	45 mg	*
DHA (docosahexaenoic acid) as triglyceride (TG)	65 mg	*
Other Omega-3 Fatty Acids as triglyceride (TG)		

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

*Daily Value not established.

Other ingredients: Gelatin, glycerin, purified water.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

PO Box 2803 • Fargo, ND 58106 USA

TO REORDER, CALL TOLL FREE 1-800-437-4148
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9