

Molecularly Distilled | Guaranteed Purity

NORDIC



NATURALS®

Our classic Arctic Cod Liver Oil™ has always been derived from 100% wild Arctic cod—no other fish oils or synthetic additives are ever used. Unlike fermented oils, our cod liver oils are manufactured to eliminate free fatty acids and prevent rancidity. They support the heart, brain, and nervous system, and promote optimal immune system function.\*

**Wild caught. Pure. No fishy aftertaste. Friend of the Sea certified.**

Every batch of Nordic Naturals fish oils is tested by a third-party certified lab for environmental toxins, including heavy metals. All fish oils are in the triglyceride form and surpass the strictest international standards for purity and freshness. Certificates of Analysis available upon request.

**Suggested Use:** One teaspoon daily, with food, or as directed by your health care professional or pharmacist.

**Do not take if tamper-evident seal is broken or missing**

**Refrigerate after opening**

**Best if used within 3 months after opening**

**Keep out of the reach of children**

**Nordic Naturals products are never sold under any store brand**

**Warning:** Consult with your physician before using this product if you are allergic to iodine, or use blood thinners.

\* 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.

Fish oil processed in Norway.  
Manufactured in the U.S. by:  
NORDIC NATURALS Mfg.  
111 Jennings Drive  
Watsonville, CA 95076  
**800.662.2544**  
nordicnaturals.com

- ✓ **Healthy Heart\***
- ✓ **Brain Health\***
- ✓ **Healthy Immunity\***

Great  
lemon  
taste!



# ARCTIC™ COD LIVER OIL

**1060 mg Omega-3**

Omega-3 from wild Arctic cod  
for heart and brain health, and optimal wellness\*

**Superior Triglyceride Form**



**Dietary Supplement | 8 fl oz/237 mL**

## Supplement Facts

Serving Size: 1 Teaspoon (5 mL)

Servings per bottle: 48

| Amount Per Serving          |            | % DV <sup>1*</sup> | % DV <sup>2**</sup> |
|-----------------------------|------------|--------------------|---------------------|
| Calories                    | 40         |                    |                     |
| Total Fat                   | 4.5 g      | 12%                | 6%                  |
| Saturated Fat               | 1 g        | 10%                | 5%                  |
| Trans Fat                   | 0 g        | †                  | †                   |
| Cholesterol                 | 20 mg      | 7%                 | 7%                  |
| Vitamin A                   | 40 mcg RAE | 13%                | 4%                  |
| Total Omega-3s              | 1060 mg    | †                  | †                   |
| EPA (Eicosapentaenoic Acid) | 340 mg     | †                  | †                   |
| DHA (Docosahexaenoic Acid)  | 510 mg     | †                  | †                   |
| Other Omega-3s              | 210 mg     | †                  | †                   |

❖ Percent Daily Values are based on a 1,000 calorie diet.

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

† Daily Value not established.

1 Daily Value (DV) for children 1-3 years of age.

2 Daily Value (DV) for adults and children over 4 years of age.

Contains less than 2 percent of the Daily Value of vitamin D.

**Ingredients:** purified arctic cod liver oil, natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative).

No gluten, milk derivatives, or artificial colors or flavors.

Please ♻ this container

Rev.H-01

