



Carlson®

Wild Norwegian

Cod Liver Oil

Super 1,000 mg

Gems™

DIETARY SUPPLEMENT

✓ Heart Health* ✓ Brain Function* ✓ Immune Support*
100 Soft Gels

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 100

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1%**
Cholesterol	5 mg	2%
Vitamin A (from Cod Fish Liver and retinyl palmitate)	600 mcg RAE	67%
Vitamin D (from Cod Fish Liver and cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopherol)	6.7 mg	45%
Norwegian Cod Liver Oil	1 g	†
Total Omega-3 Fatty Acids*	250 mg	†
EPA (Eicosapentaenoic Acid)*	80 mg	†
DHA (Docosahexaenoic Acid)*	100 mg	†

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

† Daily Value (DV) not established. *Reported as triglycerides.

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water), soybean oil. Contains fish (cod).

Directions: Adults: take one soft gel twice daily at mealtime.

Carlson®

Providing the finest Norwegian
omega-3s since 1982

Cod Liver Oil Gems™ Super 1,000 contains 1,000 mg of cod liver oil, which provides 250 mg of omega-3s plus vitamins A and D3. The beneficial omega-3s EPA and DHA support healthy cardiovascular, cognitive, and immune function.* Cod Liver Oil Gems are sourced from the highest quality wild-caught Arctic cod off the coast of Norway using traditional, sustainable methods.

✓ 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.

*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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