Carlson. **Providing the finest Norwegian omega-3s since 1982**

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 75

	Amount Per Serving	% DV
Calories	20	
Total Fat	2 g	3%**
Cholesterol	10 mg	3%
Protein	<1 g	
Vitamin A (from Cod Liver Oil)	90 mcg RAE	10%
Vitamin D (from Cod Liver Oil)	4 mcg	20%
Vitamin E (as d-alpha tocopherol)	2.7 mg	18%
Norwegian Cod Liver Oil	2 g	†
Total Omega-3 Fatty Acids☆	460 mg	†
EPA (Eicosapentaenoic Acid)☆	170 mg	†
DHA (Docosahexaenoic Acid)☆	200 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), natural lemon flavor. Contains fish (cod).

Cod Liver Oil Gems™ provide 460 mg of omega-3s and 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.

Directions: Adults: take two soft gels once daily **at mealtime**.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

✓ 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.

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.
Arlington Heights, IL 60004 USA • 888-234-5656
www.carlsonlabs.com • **An FDA Regulated Facility**

IFOS™ Friend of the Sea®

0 88395 01384 3

1381-84-1e