



Carlson®

Solar D Gems®

**4,000 IU (100 mcg) Vitamin D3
+ Omega-3s**



DIETARY SUPPLEMENT

✓ Bone Support* ✓ Immune Function* ✓ Heart Health*

120 Soft Gels

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

Carlson Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 120

	Amount Per Serving	% DV
Calories	5	
Total Fat	0.5 g	1%**
Cholesterol	2.5 mg	1%
Vitamin A (as retinyl palmitate) (from cod liver oil)	27 mcg RAE	3%
Vitamin D (as cholecalciferol)(from cod liver oil and cholecalciferol concentrate)	100 mcg (4,000 IU)	500%
Vitamin E (as d-alpha tocopherol)	0.67 mg	4%
Norwegian Cod Liver Oil	500 mg	†
Total Omega-3s [▲]	115 mg	†
DHA (Docosahexaenoic Acid) [▲]	50 mg	†
EPA (Eicosapentaenoic Acid) [▲]	42 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).

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

Solar D Gems® blend vitamin D3 with the beneficial omega-3s EPA and DHA to promote strong bones, healthy immune system function, and heart health.*

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.

✓ Gluten-free ✓ No Artificial Preservatives

POTENCY & QUALITY GUARANTEED

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