

**415 MG** | 500 SOFTGELS  
DIETARY SUPPLEMENT

# COD LIVER OIL

Rich Source of  
Vitamins A & D

**tnvitamins**<sup>®</sup>

## Supplement Facts

Serving Size: 1 Softgel • Servings Per Container: 500

Amount Per Serving	DV%
Cholesterol	< 5 mg 1%**
Vitamin A (as Retinyl Palmitate)	1250 I.U. 25%
Vitamin D (as D3 Cholecalciferol)	135 I.U. 34%
Norwegian Cod Liver Oil	415 mg *
Total Omega-3 Fatty Acids**	* 90 mg
Comprising of:	* 37 mg
EPA (eicosapentaenoic acid)	* 36 mg
DHA (docosahexaenoic acid)	*

\* Daily Value is not established.

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

**Other Ingredients:** Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols (Vitamin E). **Contains fish (cod) ingredients.**

**Directions:** As a dietary supplement for adults, take one (1) to four (4) softgel daily, preferably with a meal, or as directed by a health care professional.

**Other Information:** Purified to eliminate mercury.

Cod Liver Oil naturally supplies vitamins A and D which helps maintain bone strength and supports a healthy immune system.\*

\*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.

**Caution:** Pregnant or lactating women should consult a doctor before use. If you are under medical supervision, please consult a doctor before use. Discontinue use and consult a doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place.

Laboratory Tested And Manufactured For:

**TOTAL NUTRITION, INC. • FARMINGDALE, NY 11735 USA**

**TO REORDER**

**WWW.TNVITAMINS.COM**

**1-800-645-4446**

**Prod. No. 1155T**



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