

**Olde World® Icelandic Cod Liver Oil** comes from the pure cold waters of Iceland and is processed using traditional methods to ensure its naturally occurring vitamins and essential fatty acids remain intact. **Olde World® Icelandic Cod Liver Oil** provides over 1,000 mg of Omega-3 fatty acids and is one of nature's richest sources of vitamins A and D. **Olde World® Icelandic Cod Liver Oil** can play an important role in supporting cardiovascular health, normal calcium metabolism and normal bone development.<sup>1</sup>

**Warning:** Do not take this product if you are using blood thinners or anticipate surgery. Consult with a physician before taking this product if you are pregnant, nursing, diabetic, take medication on a regular basis or are otherwise under medical supervision. **Keep out of reach of children.**

Manufactured in a facility that also processes soy, dairy and tree nuts.

Store in a cool dry place.  
Do not use if safety seal is broken or missing.  
Contains no artificial colors or preservatives.

<sup>1</sup>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.



# Olde World® Icelandic Cod Liver Oil

Lemon Mint Flavor

8 fl oz (236 mL) WHOLE FOOD DIETARY SUPPLEMENT

**Suggested Use:** Adults take 1 teaspoon per day unless otherwise advised by your healthcare practitioner. Refrigerate after opening to preserve freshness.

## Supplement Facts

Serving Size 1 Teaspoon (About 5 mL)  
Servings Per Container 47

|                                  | Amount Per Serving | % Daily Value   |
|----------------------------------|--------------------|-----------------|
| Calories                         | 40                 |                 |
| Total Fat                        | 4.5 g              | 6% <sup>1</sup> |
| Saturated Fat                    | 1 g                | 5% <sup>1</sup> |
| Polyunsaturated Fat              | 1 g                | +               |
| Cholesterol                      | 10 mg              | 3% <sup>1</sup> |
| Vitamin A (as retinol palmitate) | 1,270 mcg          | 141%            |
| Vitamin D (as D3)                | 10 mcg (400 IU)    | 50%             |
| Total Omega-3 Fatty Acids        | 1 g                | +               |
| EPA (Eicosapentaenoic Acid)      | 471 mg             |                 |
| DHA (Docosahexaenoic Acid)       | 428 mg             |                 |
| Other Omega-3s                   | 171 mg             |                 |

<sup>1</sup> Percent Daily Values are based on a 2,000 calorie diet.  
+Daily Value not established.

**Ingredients:** Cod liver oil, natural lemon flavor, natural peppermint oil, alpha tocopherol.

**Contains:** Fish, shellfish.

**Distributed by**  
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