

DIRECTIONS: For adults, take one (1) quick release softgel up to four times daily, preferably with meals.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Keep out of reach of children. Store in a cool, dry place.

NO Gluten, Wheat, Yeast, Milk, Lactose, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives. **NON-GMO.**

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**OUR
NON-GMO
PLEDGE**
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NATURE'S TRUTH®

VITAMINS

NORWEGIAN COD LIVER OIL

with EPA / DHA

GLUTEN FREE
NON GMO

100 QUICK RELEASE
SOFTGELS
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 1 Quick Release Softgel
Servings Per Container: 100

Amount Per Serving	%Daily Value
Cholesterol	<5 mg 1%**
Vitamin A (as Retinyl Palmitate)	1,250 IU 25%
Vitamin D3 (as Cholecalciferol)	135 IU 34%
Norwegian Cod Liver Oil	415 mg *
Total Omega-3 Fatty Acids	90 mg *
EPA (Eicosapentaenoic Acid)	37 mg *
DHA (Docosahexaenoic Acid)	36 mg *

*Daily Value not established.

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

OTHER INGREDIENTS: Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols.

Contains fish (cod) ingredients.

Norwegian Cod Liver Oil contains fatty acids, Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), and is high in Vitamin A and Vitamin D. This supplement gives you everything you want from a fish oil, all in convenient quick release softgels.