

Jigsaw Alaskan Cod Liver Oil is fished exclusively from Dutch Harbor, Alaska where it is line-caught and flash frozen on the boat in pristine waters to preserve freshness. The oil is extracted by a proprietary process that removes harmful chemicals and PCBs, yet still maintains the naturally occurring Vitamins A & D.

Jigsaw Alaskan Cod Liver Oil is a comprehensive cod liver oil supplement with naturally occurring omega-3 fatty acids, PRMs (pro-resolving mediators), and naturally occurring Vitamins A and D, as formed by nature. Synthetic forms of A and D are never used in this product.

PRMs are natural substances derived from omega-3 fatty acids that act as "braking signals" to modify cell behavior and promote healthy, normal cell function.*

Product of the U.S.A. with select ingredients thoughtfully curated from around the world.

Marine Stewardship Council. This product comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery. www.msc.org

***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.**

Should not be used if tamper evident seal is broken.
Keep out of reach of children. Store in a cool dry place.



Made with love by: Jigsaw Health, LLC.
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It's fun to feel good.

Fresh...
from Sea
to Softgel™

Alaskan Cod Liver Oil

Includes naturally occurring Vitamins A & D



CERTIFIED
SUSTAINABLE
SEAFOOD
MSC

www.msc.org



MSC-C-55281

180 SOFTGELS (60 SERVINGS) | NUTRITIONAL SUPPLEMENT

Supplement Facts

60 servings per container

Serving Size

3 Softgels

Amt per serving %DV**

Calories 40

Total Fat	3.5 g	4%
Saturated Fat	0.5 g	3%
Cholesterol	20 mg	7%
Protein	<1g	
Vitamin A (100% naturally occurring)	585 mcg	65%
Vitamin D (100% naturally occurring)	3.4 mcg	17%
Alaskan Cod Liver Oil	3,600 mg	†
Omega-3 Fatty Acids (as triglycerides)	750 mg	†
Eicosapentaenoic acid (EPA) as triglyceride	300 mg	†
Docosahexaenoic acid (DHA) as triglyceride	300 mg	†
Docosapentaenoic acid (DPA) as triglyceride	30 mg	†
Total Pro-Resolving Mediators††	30 mcg	†

**The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
† Daily Value not established

Other Ingredients: Capsule Shell (fish gelatin from catfish & tilapia; glycerin, purified water), Natural Mixed Tocopherols (from non-GMO Sunflower Oil, to maintain freshness).

†† Representative, naturally occurring, including 14-HDHA, 17-HDHA and 18-HEPE.

Suggested Use: As a dietary supplement, take 3 softgels with breakfast or lunch. Or use as directed by your healthcare professional.

Allergens: Contains fish.