



Wild Norwegian

# Cod Liver Oil

Low Vitamin A

**230 mg Omega-3s**

Gems™



Natural  
Lemon  
Flavor

DIETARY SUPPLEMENT

✓ Heart Health\* ✓ Brain Function\* ✓ Optimal Wellness\*

150 Soft Gels

*Carlson.* Providing the finest Norwegian omega-3s since 1982

## Supplement Facts

Serving Size 1 Soft Gel  
Servings Per Container 150

|                                          | Amount Per Serving | % DV |
|------------------------------------------|--------------------|------|
| Calories                                 | 10                 |      |
| Total Fat                                | 1 g                | 1%** |
| Cholesterol                              | 5 mg               | 2%   |
| Vitamin A (from Cod Liver Oil)           | 45 mcg RAE         | 5%   |
| Vitamin D (from Cod Liver Oil)           | 2 mcg              | 10%  |
| Vitamin E (as d-alpha tocopherol)        | 1.3 mg             | 9%   |
| Norwegian Cod Liver Oil                  | 1 g                | †    |
| Total Omega-3 Fatty Acids <sup>☆</sup>   | 230 mg             | †    |
| EPA (Eicosapentaenoic Acid) <sup>☆</sup> | 85 mg              | †    |
| DHA (Docosahexaenoic Acid) <sup>☆</sup>  | 100 mg             | †    |

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

† Daily Value (DV) not established. <sup>☆</sup>Reported as triglycerides.

Other Ingredients: Soft gel shell (beef gelatin, glycerin, water), natural lemon flavor. Contains fish (cod).

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

**Cod Liver Oil Gems™ Low Vitamin A** provide 230 mg of omega-3s in a single soft gel and are low in vitamin A for those who are already receiving the recommended daily intake. The beneficial omega-3s EPA and DHA support heart and brain health and promote optimal wellness.\* Cod Liver Oil Gems are sourced from the highest quality wild-caught Arctic cod off the coast of Norway using traditional, sustainable methods.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

### 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.

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

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