

It's fun to feel good.

Made with love by:  
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Need more? Call 1-888-352-5050 or visit [JigsawHealth.com](http://JigsawHealth.com)

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

**Jigsaw Alaskan Cod Liver Oil** is a comprehensive cod liver oil supplement with omega-3 fatty acids, PRMs (pro-resolving mediators), and Vitamins A & D, all naturally occurring as formed by nature. Synthetic forms of Vitamins A & 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](http://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.

**Jigsaw**  
HEALTH  
It's fun to feel good.

Fresh...  
from Sea  
to Softgel

# Alaskan Cod Liver Oil

Includes naturally  
occurring Vitamins A & D



MSC-C-54566

180 SOFTGELS (60 SERVINGS) | NUTRITIONAL SUPPLEMENT

## Supplement Facts

60 servings per container

**Serving Size**

**3 Softgels (3.75 mL)**

Amount per serving

**Calories**

**40**

	Amount per serving	%DV**
<b>Total Fat</b>	4 g	<b>5%</b>
Saturated Fat	0.5 g	<b>3%</b>
<b>Cholesterol</b>	20 mg	<b>7%</b>
<b>Protein</b>	1 g	
Vitamin A (100% naturally occurring)	800 mcg RAE (2,667 IU)	89%
Vitamin D (100% naturally occurring)	6 mcg (240 IU)	30%
<b>Total Omega-3 Fatty Acids</b>	900 mg	†
Eicosapentaenoic acid (EPA)	420 mg	†
Docosahexaenoic acid (DHA)	300 mg	†
Docosapentaenoic acid (DPA)	60 mg	†
<b>Total Pro-Resolving Mediators††</b>	175 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 (bovine gelatin, 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 nutritional supplement, take 3 softgels with breakfast or lunch. Or use as directed by your healthcare professional.

**Allergens: Contains fish (cod).**

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



LABEL VERSION 16