Carlson® **Providing the highest quality nutritional supplements since 1965**

Supplement Facts

Serving Size 1 Soft Gel
Servings Per Container 120

	Amount Per Serving	% DV
Calories	5	
Total Fat	0.5 g	1%**
Cholesterol	<5 mg	1%
Vitamin A (from cod liver oil and retinyl palmitate)	27 mcg RAE	3%
Vitamin D (as cholecalciferol) (from cod liver oil and cholecalciferol concentrate)	150 mcg (6,000 IU)	750%
Vitamin E (as d-alpha tocopherol)	0.67 mg	4%
Norwegian Cod Liver Oil	500 mg	†
Total Omega-3 Fatty Acids☆	115 mg	†
DHA (Docosahexaenoic Acid)☆	50 mg	†
EPA (Eicosapentaenoic Acid)☆	42 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established. ☆ Reported as triglycerides.

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

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

Solar D Gems® blend vitamin D3 with the beneficial omega-3s EPA and DHA to promote strong bones, healthy immune system function, and heart health.*

✔ 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.

If you are pregnant, lactating, have a medical condition, or taking medication, consult a health care practitioner before use. Keep out of the reach of children.

POTENCY & QUALITY GUARANTEED

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