

Pure Cod Liver Oil One-A-Day Capsules

WHAT'S THE FORT

INGREDIENTS

IMPORTANT INFO



Ingredients:

Cod Liver Oil, Capsule Shell (Gelatin, Glycerol), Vitamin E, Vitamin D Prep. (Fractionated Vegetable Oil, Vitamin D).

Dietary Requirements:

This product is Free From: Lactose, Wheat, Peanut, Tree Nut, Yeast, Sugar, Artificial Sweeteners, Artificial Colours, Artificial Flavours, Artificial Preservatives.

Average Values		Per Capsule	% RDA
Pure Cod Liver Oil	Δ↑	525 mg	"
providing Omega 3 nutrients	↑	120 mg	"
of which EPA & DHA		85 mg	"
EPA	↑	42.1 mg	
DHA	↑	37.4 mg	
Vitamin D	↑	2.5 µg	50
Vitamin E	↑	0.33 mg α-TE	<15%
Calories	+	< 10 kcal	