

HIGH SEAS

HEART HEALTH
IMMUNE SYSTEM
STRONG BONES

CONTAINS
OMEGA-3
VITAMIN A • D



COD LIVER OIL

ACIETE DE HIGIDO DE BACALAO

500 Capsules - 500 Capsulas
Dietary Supplement

Supplement Facts.

Serving Size: 2 Capsules

Serving per container: 250

Amount Per Serving	% Daily Value**	
Calories 8		
Calories from fat 8		
Total fat	0.8g	1.2%
Protein	0.2g	0.4%
Carbohydrate	0.0g	0.0%
Vitamin A	1200 IU	24%
Vitamin D	120 IU	30%
Pure cod liver oil	560 mg	*
Omega-3 Nutrients	130 mg	*
Providing EPA	50 mg	*
Providing DHA	50 mg	*

* Daily Value not established.

** Percent Daily Values are based on 2000 calorie diet.
Your daily values may be higher or lower based on your
calorie needs.

Ingredients: Vitamin A, Vitamin D3, Vitamin E,
Cod Liver Oil, Gelatin, Glycerine & Purified Water

Directions: For adults, take 2 capsules 3 times daily, preferably
with a meal. As a reminder, discuss the supplements and medica-
tions you take with your health care provider.