

Olde World® Icelandic Cod Liver Oil comes from the pure cold waters of Iceland and is processed using traditional methods to ensure its naturally occurring vitamins and essential fatty acids remain intact. **Olde World® Icelandic Cod Liver Oil** provides over 1,000 mg of Omega-3 fatty acids and is one of nature's richest sources of vitamins A and D. **Olde World® Icelandic Cod Liver Oil** can play an important role in supporting cardiovascular health, normal calcium metabolism and normal bone development.¹

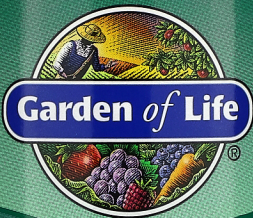
Warning: Do not take this product if you are using blood thinners or anticipate surgery. Consult with a physician before taking this product if you are pregnant, nursing, diabetic, take medication on a regular basis or are otherwise under medical supervision. **Keep out of reach of children.**

Manufactured in a facility that also processes soy, dairy and tree nuts.

Store in a cool dry place.
Do not use if safety seal is broken or missing.
Contains no artificial colors or preservatives.

***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.**

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Olde World® Icelandic Cod Liver Oil

Lemon Mint Flavor

8 fl oz (236 mL) **WHOLE FOOD DIETARY SUPPLEMENT**

Suggested Use: Adults take 1 teaspoon per day unless otherwise advised by your healthcare practitioner. Refrigerate after opening to preserve freshness.

Supplement Facts

Serving Size 1 Teaspoon (About 5 mL)
Servings Per Container 47

	Amount Per Serving	% Daily Value
Calories	40	
Total Fat	4.5 g	6% ¹
Saturated Fat	1 g	5% ¹
Polyunsaturated Fat	1 g	+
Cholesterol	10 mg	3% ¹
Vitamin A (as retinol palmitate)	1,270 mcg	141%
Vitamin D (as D3)	10 mcg (400 IU)	50%
Total Omega-3 Fatty Acids	1 g	+
EPA (Eicosapentaenoic Acid)	471 mg	
DHA (Docosahexaenoic Acid)	428 mg	
Other Omega-3s	171 mg	

¹Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.

Ingredients: Cod liver oil, natural lemon flavor, natural peppermint oil, alpha tocopherol.

Contains: Fish, shellfish.

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