

**MASON**  **natural**  
EST. 1967

**NORWEGIAN**

**COD LIVER OIL**

**PLUS VITAMINS A & D3**

**MAY SUPPORT**

**IMMUNE & BRAIN HEALTH\***

**100 SOFTGELS • DIETARY SUPPLEMENT**

**DIRECTIONS:** Adults - Take one softgel daily, preferably with food, as a dietary supplement. For persons 12 or more years of age, other than pregnant or lactating women.

### Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Cholesterol	< 5 mg	1%†
Vitamin A	2,049 mcg RAE# (1,258 IU) (from cod liver oil and added as retinyl palmitate)	230%†
Vitamin D3	3.4 mcg (135 IU) (from cod liver oil and added as Cholecalciferol)	15%†
Cod Liver Oil	415 mg	**
Eicosapentaenoic Acid (EPA)(Omega-3)	37 mg	**
Docosahexaenoic Acid (DHA)(Omega-3)	36 mg	**
Other Fatty Acids	17 mg	**
Total Omega-3 Acids	90 mg	**

† Percent Daily Value is based on 2,000 calorie diet.

\*\* Daily Value not established.

**OTHER INGREDIENTS:** Gelatin (bovine), glycerin, natural mixed tocopherols (cod liver additives), purified water, corn oil.

#RAE - Retinol Activity Equivalents

\* THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

**ALLERGEN CERTIFICATION** - This product contains highly refined fish (cod) oil and soybean.

**GUARANTEED NO ADDED:** Yeast, Wheat, Milk or Milk Derivatives, Lactose, Sugar, Artificial Colors or Flavors. Sodium Free.

**CAUTION:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your physician before use. Discontinue use and consult your physician if any adverse reactions occur.

Keep out of reach of children.

**TAMPER-EVIDENT SEAL:** Do not use product if seal appears tampered.

Store in a dry place under controlled room temperature: 20°- 25°C (68°-77°F).

**Manufactured in the USA for:**  
**MASON VITAMINS, INC.** Miami Lakes, FL 33014  
1-888-860-5376 • [www.MasonVitamins.com](http://www.MasonVitamins.com)

Mason Natural® is a registered trademark and does not refer to any product or ingredient claim.

LOT/EXP. DATE