



Directions

As a dietary supplement, take 1 teaspoon daily with food, or as directed by a healthcare professional. To retain freshness after initially opening the bottle, keep refrigerated and preferably use within 3 months.

Free Of

Milk, eggs, peanuts, tree nuts, gluten, titanium dioxide.

*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.

Supplement Facts

Serving Size: 1 Teaspoon (5 mL)

Servings per Container: 100

	Amount Per Serving	% Daily Value
Calories	40	
Total Fat	4 g	5% †
Saturated Fat	1 g	5% †
Monounsaturated Fat	2 g	*
Polyunsaturated Fat	1 g	*
Cholesterol	20 mg	7%
Vitamin A (as retinyl palmitate)	880 mcg	98%
Vitamin D (as cholecalciferol, D3 (800 IU)	20 mcg	100%
Vitamin E (as d-alpha tocopherol)	6.7 mg	45%
Norwegian Cod Liver Oil	4400 mg	*
Omega-3 Fatty Acids	1100 mg	*
Docosahexaenoic Acid (DHA)	500 mg	*
Eicosapentaenoic Acid (EPA)	400 mg	*

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily value not established.

Other Ingredients: Lemon flavor and tocopherols (antioxidant).

Contains: Fish (cod) and Soy.

Warnings

Pregnant or lactating women, those with diabetes, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements.

Keep out of reach of children.