



Ingredients

Cod Liver Oil: Provides 240 mg Total Omega-3 Fatty Acids (As Natural Triglycerides) Comprising of: Eicosapentaenoic Acid (EPA) (110 mg), Docosahexaenoic (DHA) (100 mg), Other Fatty Acids. Other Ingredients: Gelatin, Glycerin, Corn Oil.

Warnings

Contains fish (cod) ingredients. If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature and avoid excessive heat. Tamper Resistant: Do not use if seal under cap is broken or missing.

Directions

For adults, take one (1) softgel daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

Nutrition Facts

Serving Size
Servings Per Container

Amount Per Serving

Calories 10

	% Daily Value
Total Fat 1g	2%
Cholesterol 5mg	2%

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