

CODmega® is a unique combination of wild fish and cod liver oils that provides 400 mg of EPA and 600 mg of DHA Omega-3 fatty acids. Supportive but not conclusive research shows that the consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease.[†] One serving of **CODmega®** provides 1,000 mg of EPA and DHA Omega-3 fatty acids to support brain, nerve, bone, skin, eye and immune system health.[†]

CODmega® contains high quality cod liver oil from the deep, clean arctic waters of Norway. **CODmega®** is molecularly distilled and undergoes quality control measures which include independent laboratory testing to exacting purity standards for heavy metals, PCBs, dioxins and other potential contaminants. **CODmega®** contains a pleasant lemon mint flavor to help reduce aftertaste; and utilizes unique Licaps® technology for easy-to-swallow capsules that are less oxygen permeable.

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, diabetic or allergic to iodine or under medical supervision.

Keep out of reach of children.

Contains no artificial colors or preservatives.

Store in a cool, dry place.

Do not use if safety seal is broken or missing.

Dairy Free. Gluten Free.



Recyclable Bottle



We Buy 100% Certified
Renewable Energy

© 2003 Garden of Life LLC



CODmega®

Wild Fish & Cod Liver Oil Complex

Excellent Source of Omega-3 Fatty Acids

90 Licaps® Whole Food Dietary Supplement

Suggested Use: Adults take one **CODmega®** three times per day with meals unless otherwise advised by your healthcare practitioner. Not intended for children.

Supplement Facts

Serving Size 3 Licaps®

Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	20	
Calories from Fat	20	
Total Fat	2 g	3% [†]
Cholesterol	5 mg	2% [†]
Vitamin A	400 IU	8%
Total Omega-3 Fatty Acids	1095 mg	+
DHA (Docosahexaenoic Acid)	600 mg	
EPA (Eicosapentaenoic Acid)	400 mg	
Other Omegas	95 mg	

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

+ Daily Value not established.

Other ingredients: Concentrated fish oils, gelatin, cod liver oil, natural lemon flavor, peppermint oil, natural mixed tocopherols from soy, silicon dioxide. Contains Soy.

Licaps® is a registered trademark of Capsugel.

Distributed by **Garden of Life LLC**

5500 Village Boulevard, West Palm Beach, FL 33407 USA

Made in the U.S.A. www.gardenoflife.com



CM90L-032511-033011