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DIRECTIONS: For adults, take one (1) softgel one to four times daily, preferably with meals.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical 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. Do not use if seal under cap is broken or missing.

COD LIVER OIL

Good Source of Vitamins A&D



TO REORDER ITEM # 1150

www.puritan.com

1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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DIETARY SUPPLEMENT

100 Rapid Release Softgels

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%Daily Value
Cholesterol	<5 mg	<1%
Vitamin A (as Retinyl Palmitate)	375 mcg	42%
Vitamin D (as D3 Cholecalciferol)	3.37 mcg (135 IU)	17%
Gold-Gold Premium™ Cod Liver Oil	415 mg	*
provides 90 mg of Total Omega-3 Fatty Acids† comprising of:		
EPA (Eicosapentaenoic Acid)	37 mg	*
DHA (Docosahexaenoic Acid)	36 mg	*
Other Fatty Acids		*

*Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols.

Contains fish (cod) ingredients.

†As Natural Triglycerides



No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.