

Olde World® Icelandic Cod Liver Oil comes from the pure cold waters of Iceland and is processed using traditional methods to ensure its naturally occurring vitamins and essential fatty acids remain intact. **Olde World® Icelandic Cod Liver Oil** provides over 1,000 mg of Omega-3 fatty acids and is one of nature's richest sources of vitamins A and D. **Olde World® Icelandic Cod Liver Oil** can play an important role in supporting cardiovascular health, normal calcium metabolism and normal bone development.[†]

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, nursing, take medication on a regular basis, diabetic or are otherwise under medical supervision. **Keep out of reach of children.**

Do not use if safety seal is broken or missing.
Contains no artificial colors or preservatives.
Refrigerate after opening. May contain soy.

[†] 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.

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Olde World® Icelandic Cod Liver Oil

Lemon Mint Flavor

8 fl oz (236 mL) Whole Food Dietary Supplement

Suggested Use: Adults take 1 teaspoon per day unless otherwise advised by your healthcare practitioner.

Supplement Facts

Serving Size 1 teaspoon (5 ml)

Servings Per Container 47

Amount Per Serving	% Daily Value
Calories 40	
Calories from Fat 40	
Total Fat 4.5 g	7% [†]
Saturated Fat 1 g	5% [†]
Polyunsaturated Fat 1 g	+
Cholesterol 10 mg	3%
Vitamin A 4,500 IU	90%
Vitamin D 450 IU	113%
Total Omega-3 Fatty Acids 1.4 g	
Other Omega-3s 594 mg	+
EPA (Eicosapentaenoic Acid) 447 mg	+
DHA (Docosahexaenoic Acid) 400 mg	+

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

+ Daily Value not established.

Ingredients: Cod liver oil, natural lemon essence, natural peppermint essence, alpha tocopherol.



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Renewable Energy

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