

Not Your Grandmother's Cod Liver Oil Back in the "good old days" kids would line up, holding their noses, to choke down their daily dose of cod liver oil. Oh, how things have changed. Our Fresh Catch® Cod Liver Oil provides a super-boost dose of Omega-3s, but without the fishy taste or fish burps. That's because we use cutting edge technology to bring you the freshest, highest quality fish oils available.

- Sourced Sustainably from Icelandic Cod
- Third Party Lab Tested for Purity & Potency
- Free of PCBs & Other Contaminants
- Molecularly Distilled & Ultra-Purified
- Non-GMO, Gluten Free

We date our Fresh Catch® Fish Oils 12 months (not up to 3 years) to ensure the freshest fish oil available.

SUGGESTED USE: 1 tsp daily with a meal. Refrigerate after opening. A cloudy appearance is natural.

SHAKE WELL. Keep out of reach of children.



FRESHNESS DATING



Fresh Catch®

COD LIVER OIL SUPPLEMENT

OMEGA-3 • EPA/DHA

**Vitamin D 16 mcg
Per Serving**

**Molecularly Distilled
Pharmaceutical Grade**

NON-GMO • GLUTEN FREE

LEMONADE FLAVOR

THE FRESHEST FISH OIL • SEE WHY!

8 fl oz / 236 mL

Supplement Facts

Serving Size 1 tsp (5 mL)

Servings Per Container 47

	Amount Per Serving	% Daily Value
Calories	40	
Total Fat	4.5 g	6%*
Saturated Fat	0.5 g	4%*
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	2.5 g	†
Cholesterol	25 mg	8%
Vitamin D	16 mcg	81%

Omega-3 Polyunsaturated Fat:

Eicosapentaenoic Acid (EPA)	360 mg	†
Docosahexaenoic Acid (DHA)	540 mg	†
Other Omega-3 Fatty Acids	225 mg	†

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

† Daily Value not established.

INGREDIENTS: Cod liver oil, natural lemonade flavor, antioxidant blend (lecithin (sunflower and soy), natural mixed tocopherols, rosemary extract, ascorbyl palmitate, ascorbic acid, citric acid), Vitamin D3 (as cholecalciferol).

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