

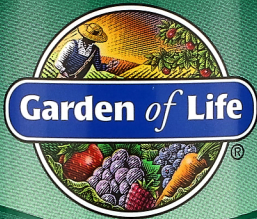
Olde World® Icelandic Cod Liver Oil comes from the pure cold waters of Iceland and is processed using traditional methods to ensure its naturally occurring vitamins and essential fatty acids remain intact. **Olde World® Icelandic Cod Liver Oil** provides over 1,000 mg of Omega-3 fatty acids and is one 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.¹

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

Made without dairy, soy or peanut ingredients. Manufactured in a facility that also processes wheat, egg, milk, soy, peanut, tree nuts and sesame.

Store in a cool dry place. Do not use if safety seal is broken or missing.

¹These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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. Refrigerate after opening to preserve freshness.

Supplement Facts

Serving Size 1 Teaspoon (About 5 mL)
Servings Per Container 47

| | Amount Per Serving | % Daily Value |
|----------------------------------|--------------------|-----------------|
| Calories | 40 | |
| Total Fat | 4.5 g | 6% ¹ |
| Saturated Fat | 1 g | 5% ¹ |
| Polyunsaturated Fat | 1 g | + |
| Cholesterol | 10 mg | 3% ¹ |
| Vitamin A (as retinol palmitate) | 1,270 mcg | 141% |
| Vitamin D (as D3) | 10 mcg (400 IU) | 50% |
| Total Omega-3 Fatty Acids | 1 g | + |
| EPA (Eicosapentaenoic Acid) | 471 mg | |
| DHA (Docosahexaenoic Acid) | 428 mg | |
| Other Omega-3s | 171 mg | |

¹Percent Daily Values are based on a 2,000 calorie diet. ⁺Daily Value not established.

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

Contains: Fish, shellfish.

Distributed by Garden of Life LLC
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PLEASE RECYCLE

