

**Suggested Usage:** Take 1 softgel daily with a meal.

**Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.**

NOW® Cod Liver Oil abounds in omega-3 fatty acids, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). It is also an excellent source of vitamins A and D-3. Cod liver oil has a long history of traditional use for the support of overall health and well-being.\*

The cod liver oil used in this softgel is manufactured under strict quality control standards. It is tested to be free of potentially harmful levels of contaminants such as PCBs, dioxins, mercury and other heavy metals.

**\*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.**

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

This bottle is made from 100% PCR (post-consumer recycled) resin.

SOFTGEL SIZE

EUA # 1482865

CODE 1744B v8



# Cod Liver Oil

**1000 mg - Extra Strength**

**Cardiovascular Support\***

**Vitamins A & D-3, EPA, DHA**

**180 Softgels**

A Dietary Supplement



**Omega-3/Fish Oils**

Family owned since 1968.

## Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	10	
Total Fat	1 g	1%**
Vitamin A (from Retinyl Palmitate and Cod Liver Oil)	300 mcg	33%
Vitamin D (from D <sub>3</sub> Cholecalciferol and Cod Liver Oil)	10 mcg (400 IU)	50%
Cod Liver Oil	1 g (1,000 mg)	†
Eicosapentaenoic Acid (EPA)	70 mg	†
Docosahexaenoic Acid (DHA)	100 mg	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water].

Contains fish (cod).

Manufactured for NOW FOODS, 395 S. Glen Ellyn Rd.  
Bloomingdale, IL 60108, USA nowfoods.com

Packaged and quality tested in the USA.

Cod Liver Oil is product of Iceland, Norway.

Not manufactured with wheat, gluten, soy, corn, milk, egg, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This extra strength product has more cod liver oil (1,000 mg per softgel) than our cod liver oil 650 mg softgel product.