

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

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

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 1742 V15



# Cod Liver Oil

## 650 mg

Cardiovascular Support\*

Excellent Source of  
Vitamins A and D-3

250 Softgels  
A Dietary Supplement



Omega-3/Fish Oils

Family owned since 1968.

### Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	5	
Total Fat	0.5 g	< 1%**
Vitamin A (from Retinyl Palmitate and Cod Liver Oil)	750 mcg	83%
Vitamin D (from D <sub>3</sub> Cholecalciferol and Cod Liver Oil)	6.75 mcg (270 IU)	34%
Cod Liver Oil	650 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.  
Bloomington, IL 60108, USA [nowfoods.com](http://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.

