

Suggested Use: Take 1 softgel 1-3 times daily, as a dietary supplement, or as directed by a physician.

Warning: If you are taking any medications or are pregnant or nursing do not use prior to consulting a physician.

For your protection, this container has an outer safety seal. (Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327 Lot# 6074269

Website: www.botanicchoice.com

11-2013

Cod Liver Oil

Oil

A Natural

Source

of Vitamins

A&D

90 Softgels

Dietary Supplement

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%*
Trans Fat	0 g	†
Cholesterol	0 mg	0%
Vitamin A	2,500 IU	50%
(from Cod Liver Oil and Retinyl Palmitate)		
Vitamin D3	270 IU	70%
(from Cod Liver Oil and Cholecalciferol)		
Cod Liver Oil	650 mg	†
Typical Values of naturally occurring amounts of Omega-3 fatty acids (per serving)**		
Elcosapentaenoic Acid (EPA)	45 mg	†
Docosahexaenoic Acid (DHA)	60 mg	†

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

† Daily Value not established.

Other ingredients: Capsule (gelatin, glycerin, water). Contains: Fish (cod).

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3401 W. 37th Ave. Hobart, IN 46342

