

Barlean's Fresh Catch® Icelandic Cod Liver Oil is for those who aspire to nutritionally support the optimal structure and function of:

- Joint Mobility & Bone Density*
- Sexual and Hormonal Health*
- Mental Health, Wellness & Acuity*
- Eye Health - Visual Acuity*
- Heart Health*
- Energy & Endurance*

Purity Guaranteed - Ultra-Purified.

Free of mercury, lead, PCBs and other contaminants.

* 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.

Barlean's
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100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHEST BEFORE

52710-04



ESTD 1989

BARLEAN'S



PHARMACEUTICAL
GRADE

MOLECULARLY
DISTILLED

Fresh Catch®

COD LIVER OIL

OMEGA-3 • EPA/DHA

Vitamin D 280 IU
Per Serving

100 Softgels / 1000 mg ea.

LEMONADE FLAVOR

Supplement Facts

Serving Size 2 Softgels (2 g)
Servings Per Container 50

Amount Per Serving	% Daily Value
Calories 18	
Calories from Fat 18	
Total Fat 2.0 g	3%*
Saturated Fat 0 g	<1%*
Polyunsaturated Fat .5 g	†
Monounsaturated Fat 1 g	†
Cholesterol 0 mg	<1%
Vitamin D3 (as cholecalciferol) 280 IU	70%
Vitamin E (d-alpha tocopherol) 2 IU	7%

Omega-3 Polyunsaturated Fat

Eicosapentaenoic Acid (EPA) 170 mg

Docosahexaenoic Acid (DHA) 240 mg

Other Omega-3 Fatty Acids 110 mg

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA) 40 mg

Other Omega-6 Fatty Acids 30 mg

Omega-9 Monounsaturated Fat

Oleic Acid 420 mg

Other Omega-9 Fatty Acids 380 mg

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

INGREDIENTS: Cod liver oil, natural citrus flavoring, rosemary extract, ascorbyl palmitate, ascorbic acid, soy lecithin, sunflower lecithin, d-alpha tocopherol, and vitamin D3 (as cholecalciferol). Softgel contains (gelatin, glycerin, water, caramel color, and natural citrus flavor).

Allergen Warning: Contains products derived from soy.

SUGGESTED USE: 2 softgels daily with a meal.