

**Our product provides Vitamins A and D, which help maintain bones and a healthy immune system.\* Cod Liver Oil also assists in many other functions, such as eyesight and skin maintenance.\***

**WARNING:** If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

 **Nutrition Questions or Comments?**  
Call 1-800-433-2990  
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and savings  
join our e-newsletter, visit  
[www.NaturesBounty.com](http://www.NaturesBounty.com)

\*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.



USA  
3004329138  
EEC

Prod. No. 1150 B1152 13H

**NATURE'S BOUNTY®**

**OMEGA-3  
NORWEGIAN  
Cod Liver Oil**

**1 PER  
DAY  
SOFTGEL**

**Excellent Source  
of Vitamins A & D**



**NATURALLY CONTAINS  
OMEGA-3  
FATTY ACIDS**

**RAPID RELEASE  
LIQUID SOFTGEL**



**100 softgels** **VITAMIN SUPPLEMENT**

**DIRECTIONS:** For adults, take one (1) softgel daily, preferably with a meal.

**Supplement Facts**

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Cholesterol	<5 mg	1%
Vitamin A (as Retinyl Palmitate)	1,250 IU	25%
Vitamin D (as D3 Cholecalciferol)	135 IU	34%
Cod Liver Oil	415 mg	**
provides 90 mg of Total Omega-3 Fatty Acids† comprising of:		**
EPA (Eicosapentaenoic Acid) (Omega-3)	37 mg	**
DHA (Docosahexaenoic Acid) (Omega-3)	36 mg	**
Other Fatty Acids		**

\*\*Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols.

Contains fish (cod) ingredients.

†As Natural Triglycerides

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Shellfish, Sodium Free.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**  
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