

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.

0  
7431201150

4



Prod. No. 1150 B1152 13H



# OMEGA-3 NORWEGIAN Cod Liver Oil

1 PER  
DAY  
SOFTGEL

Excellent Source  
of Vitamins A & D



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	37 mg	**
(Eicosapentaenoic Acid) (Omega-3)		
DHA	36 mg	**
(Docosahexaenoic Acid) (Omega-3)		
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.**  
Bohemia, NY 11716 U.S.A. © 2015 Nature's Bounty, Inc.