



Omega-3s EPA & DHA

# Cod Liver Oil

Super 1000 mg

Gems™



DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision and Joint Health\*

100 Soft Gels

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Carlson Specializing in the finest Norwegian fish oils since 1982

## Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Cholesterol	<5 mg	2%
Vitamin A (from Cod Fish Liver and retinyl palmitate)	2000 IU	40%
Vitamin D (from Cod Fish Liver and cholecalciferol)	400 IU	100%
Vitamin E (as natural d-alpha tocopherol)	10 IU	33%
Norwegian Cod Liver Oil	1000 mg	†
EPA (Eicosapentaenoic Acid)*	80 mg	†
DHA (Docosahexaenoic Acid)*	100 mg	†

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

† Daily Value (DV) not established. \*Reported as triglycerides.

Other Ingredients: Soybean oil. Soft Gel Shell: Beef gelatin, glycerin, water. Contains fish (cod).

Extensive research suggests that the polyunsaturated Omega-3s EPA & DHA provide extraordinary health benefits.\* Cod Liver Oil soft gels provide 80mg of EPA and 100mg of DHA, and are a natural source of Vitamins A & D.

**Directions:** Take one soft gel one to three times daily, **at mealtime.**

✓ **Gluten-free** ✓ **Salt-free** ✓ **Preservative-free**

### PURITY GUARANTEED

This product is regularly tested (using AOAC international protocols) for freshness, potency and purity by an independent, FDA-registered laboratory and has been determined to be fresh, fully-potent and free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.

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1301-5a