



Omega-3s EPA & DHA

# Cod Liver Oil

Super 1000 mg Gems™



DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision and Joint Health\*  
250 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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