



Norwegian Cod Liver Oil

Omega-3s EPA & DHA



DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision
and Joint Health*

16.9 fl oz (500 mL)

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

Carlson.

The Finest Norwegian Cod Liver Oil

Supplement Facts

Serving Size 1 Teaspoon (5 mL)
Servings Per Container 100

	Amount Per Teaspoon	% DV
Calories	45	
Calories from Fat	45	
Total Fat	5 g	8%**
Saturated Fat	1 g	5%
Cholesterol	20 mg	7%
Vitamin A (from cod liver oil)	850 IU	17%
Vitamin D3 (from cod liver oil)	400 IU	100%
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	10 IU	33%
100% Norwegian Cod Liver Oil	4.6 g	†
Omega-3 Fatty Acids*	1,100 mg	†
DHA (Docosahexaenoic Acid)*	500 mg	†
EPA (Eicosapentaenoic Acid)*	400 mg	†

** Percent Daily Values are based on a 2000 calorie diet.
† Daily Value (DV) not established. *Reported as triglycerides.

Other Ingredients: Natural lemon flavor. Contains fish (cod).

Directions: Take one teaspoon daily **at mealttime**. After initially opening the bottle, keep refrigerated and preferably use within 100 days.

✓ **Gluten-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.

Manufactured & bottled in Norway for J. R. Carlson Laboratories, Inc.
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