



Carlson

Cod Liver Oil

Omega-3s EPA & DHA
plus Vitamins A & D



DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision and Joint Health*

100 Soft Gels: 390 mg

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

Supplement Facts

Serving Size 3 Soft Gels
Servings Per Container 33

| | Amount Per 3 Soft Gels | % 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) | 3750 IU | 75% |
| Vitamin D ₃ (from Cod Fish Liver and cholecalciferol) | 400 IU | 100% |
| Norwegian Cod Liver Oil | 1170 mg | † |
| EPA (Eicosapentaenoic Acid) [†] | 90 mg | † |
| DHA (Docosahexaenoic Acid) [†] | 105 mg | † |

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

† Daily Value (DV) not established. [†]Reported as triglycerides.

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

Distributed by Carlson Division of J.R. Carlson Laboratories, Inc.
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Carlson Specializing in the finest
Norwegian fish oils since 1982

Extensive research suggests that the polyunsaturated Omega-3s EPA & DHA provide extraordinary health benefits.* Cod Liver Oil soft gels provide 90mg of EPA and 105mg of DHA, and are a natural source of Vitamins A & D.

Directions: Take three soft gels daily, **at mealtime**.

✓ 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.

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