



Cod Liver Oil

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



DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision and Joint Health*

250 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 83

	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).

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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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