



# Norwegian cod liver oil

natural source of  
vitamins A & D<sup>v</sup>

specialty  
120 softgels  
dietary supplement

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin A (from cod liver oil)	1250 IU	25%
Vitamin D (from cod liver oil)	135 IU	33%

**Other ingredients:** Cod liver oil, gelatin, glycerin, purified water.

**Contains:** Fish (cod).

**Does not contain:** Yeast, Corn, Wheat, Gluten, Sugar, Salt, Soy, Starch, Dairy, Citrus, Preservatives, Artificial Colors or Flavors.

**v** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**DIRECTIONS:** As a dietary supplement, take one (1) softgel up to three (3) times daily, preferably with meals.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

**Distributed by: Vitamin Shoppe, Inc.**  
Secaucus, NJ 07094

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