



cod liver oil

provides EPA/DHA

cardiovascular[†]

source of
vitamins A & D[†]

specialty

16 fl. oz. (480 mL)
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

Supplement Facts

Serving Size 1 Teaspoon (5 mL)
Servings Per Container: 96

	Amount Per Serving	% Daily Value
Calories	45	
Calories from Fat	45	
Total Fat	4.5 g	7% [†]
Saturated Fat	1 g	5% [†]
Cholesterol	30 mg	10% [†]
Vitamin A	4500 IU	90%
Vitamin D	450 IU	110%
Vitamin E	6 IU	20%
Total Omega-3	1100 mg	*
DHA (Docosahexaenoic Acid)	400 mg**	*
EPA (Eicosapentaenoic Acid)	450 mg**	*
ALA (Alpha Linolenic Acid)	78 mg**	*

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other Ingredients: Cod liver oil, natural orange and vanilla flavors, d-alpha tocopheryl acetate (to preserve freshness).

Contains: Fish (Cod).

** Naturally occurring, amounts may vary.

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

† 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) teaspoon (5 mL) daily, preferably with a meal.

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

From the waters of the North Atlantic, the **Vitamin Shoppe®** introduces Cod Liver Oil. This molecularly distilled fish oil has a great orange flavor. Naturally providing the Omega-3 fatty acids DHA, EPA and ALA, our Cod Liver Oil is nitrogen flushed to ensure freshness and potency. It is also a naturally rich source of Vitamins A and D.

The FDA has reviewed the data and concluded that supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.[†]

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

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

REFRIGERATE AFTER OPENING

Manufactured in Canada for:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.



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vsquality.net

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VS-3141
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