

From the moment raw ingredients reach our facilities to the time a finished supplement is packaged, stringent analysis confirms the potency, purity and nutritional content of every nutritional product that bears the Vitamin World name. ***We guarantee it!***

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO REORDER PROD. # **1153**  
**www.vitaminworld.com**

**1-800-228-4533**

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Vitamin World, Inc.  
Ronkonkoma, NY 11779 U.S.A.  
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**VITAMIN WORLD**  
*get healthy.*

# Cod Liver Oil



**Promotes Bone  
and Skin Health\***

Vitamin Supplement

**250**

Easy to Swallow  
Rapid Release  
**SOFTGELS**

**DIRECTIONS:** For adults, take one (1) to four (4) softgels daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Cholesterol	<5 mg	1%
Vitamin A (from Cod Liver Oil)	1,250 IU	25%
Vitamin D (from Cod Liver Oil)	135 IU	34%
NORD-GOLD PREMIUM™ Cod Liver Oil	415 mg	**
provides 66 mg of Omega-3 Fatty Acids, comprising of:		
EPA (Eicosapentaenoic Acid)	34 mg	**
DHA (Docosaheptaenoic Acid)	32 mg	**

**Ingredients:** Cod Liver Oil, Gelatin, Vegetable Glycerin.

Contains fish (cod) ingredients.

**NORD-GOLD PREMIUM™** is selected from the finest deep sea, cold water fish. This product is scientifically formulated to concentrate the natural sources of Vitamin A & D.

**When choosing Cod Liver Oil...  
make sure it's NORD-GOLD PREMIUM™!**