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ACTUAL SIZE



Norwegian Cod Liver Oil

**Supports Bone, Immune
and Skin Health***

Dietary Supplement

**100 RAPID RELEASE
SOFTGELS**



Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Cholesterol	<5 mg	1%
Vitamin A (as Retinyl Palmitate)	1,250 IU	25%
Vitamin D (as D3 Cholecalciferol)	135 IU	34%
Cod Liver Oil	415 mg	**
provides 90 mg of Total Omega-3 Fatty Acids† comprising of:		**
EPA (Eicosapentaenoic Acid)	37 mg	**
DHA (Docosahexaenoic Acid)	36 mg	**
Other Fatty Acids		**

**Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin, Mixed Natural Tocopherols.

Contains fish (cod) ingredients.

†As Natural Triglycerides

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit, No Shellfish, No Sweetener, No Sugar, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

Directions: For adults, take one (1) softgel daily, preferably with a meal.

Increasing your intake of fish oil through supplementation is an excellent way to enhance your diet with important fatty acids. Norwegian Cod Liver Oil naturally contains Omega-3 fatty acids, necessary for optimum health.* Our product also provides essential Vitamins A and D, which help maintain bones and a healthy immune system.*

WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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

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