

Fresh Catch® Cod Liver Oil is a pure and pristine source of molecularly distilled, pharmaceutical-grade cod liver oil in triglyceride form. Ideal for those who seek a naturally occurring, well-balanced ratio of EPA, DHA and Vitamin D, Fresh Catch® Cod Liver Oil is derived from Icelandic Cod harvested in the deep, icy-cold and crystal-clean waters of the North Atlantic.

- Free of Mercury and other Heavy Metals
- Free of PCBs and other Contaminants
- Molecularly Distilled
- Ultra Purified
- Dated for Freshness
- Non-GMO, Gluten Free

Fresh Catch® Fish Oils are in a class of their own. We choose to date our fish oils 6 months (not up to 3 years) to ensure the very freshest fish oil available.

SUGGESTED USE: 1 tsp daily with a meal. Refrigerate after opening. A cloudy appearance is natural.

SHAKE WELL.

Keep out of reach of children.



FRESHNESS DATING

ESTD 1989



Fresh Catch®

COD LIVER OIL

SUPPLEMENT

OMEGA-3 • EPA/DHA

**Vitamin D 650 IU
Per Serving**

Molecularly Distilled
Pharmaceutical Grade

NON-GMO • GLUTEN FREE

LEMONADE FLAVOR

THE FRESHEST FISH OIL • SEE WHY!

8 fl oz / 236 mL

Supplement Facts

Serving Size 1 tsp (5 mL)

Servings Per Container 47

	Amount Per Serving	% Daily Value
Calories	40	
Calories from Fat	40	
Total Fat	4.5 g	7%*
Saturated Fat	0.5 g	3%*
Polyunsaturated Fat	1.5 g	†
Monounsaturated Fat	2.5 g	†
Cholesterol	25 mg	8%
Vitamin D	650 IU	162%

Omega-3 Polyunsaturated Fat:

Eicosapentaenoic Acid (EPA)	360 mg	†
Docosahexaenoic Acid (DHA)	540 mg	†
Other Omega-3 Fatty Acids	225 mg	†

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

INGREDIENTS: Cod liver oil, natural lemonade flavor, lecithin (sunflower and soy), natural mixed tocopherols, rosemary extract, ascorbyl palmitate, ascorbic acid, citric acid, and Vitamin D3 (as cholecalciferol).

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