

Molecularly Distilled | Guaranteed Purity

NORDIC



NATURALS®

- ✓ Healthy Heart*
- ✓ Brain Health*
- ✓ Healthy Immunity*

Great
lemon
taste!



ARCTIC-D™ COD LIVER OIL

1060 mg Omega-3 + 1000 I.U. D3

Omega-3 from wild Arctic cod + vitamin D3 for heart
and bone health, cognition, and optimal wellness*

Superior Triglyceride Form



Dietary Supplement | 8 fl oz/237 mL

Supplement Facts

Serving Size: 1 Teaspoon (5 mL)

Servings per bottle: 48

Amount Per Serving	% DV ¹	% DV ^{2*}
Calories	45	
Calories from fat	45	
Total Fat	5.0 g	† 8%
Saturated Fat	1.0 g	† 5%
Trans Fat	0 g	†
Cholesterol	20 mg	† 7%
Vitamin A	230-920 I.U.	9-37% 5-18%
Vitamin D3 (cholecalciferol)	1000 I.U.	250% 250%
Total Omega-3s	1060 mg	†
EPA (Eicosapentaenoic Acid)	340 mg	†
DHA (Docosahexaenoic Acid)	510 mg	†
Other Omega-3s	210 mg	†

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

† Daily Value not established.

1 Daily Value (DV) for children under 4 years of age.

2 Daily Value (DV) for adults and children over 4 years of age.

Ingredients: purified arctic cod liver oil, natural lemon flavor, d-alpha tocopherol, rosemary extract (a natural preservative), vitamin D3 (cholecalciferol in olive oil).

No gluten, milk derivatives, or artificial colors or flavors.

Please recycle this container

Rev. G-01

Our classic Arctic Cod Liver Oil™ has always been derived from 100% wild Arctic cod—no other fish oils or synthetic additives are ever used. Unlike fermented oils, our cod liver oils are manufactured to eliminate free fatty acids and prevent rancidity. With added vitamin D3, this formula offers combined support for the heart, brain, mood, and bones, and promotes optimal nervous and immune system function.*

Wild caught. Pure. No fishy aftertaste. Friend of the Sea certified.

Every batch of Nordic Naturals fish oils is tested by a third-party certified lab for environmental toxins, including heavy metals. All fish oils are in the triglyceride form and surpass the strictest international standards for purity and freshness. Certificates of Analysis available upon request.

Suggested Use: One teaspoon daily, with food, or as directed by your health care professional or pharmacist.

Do not take if tamper-evident seal is broken or missing

Refrigerate after opening

Best if used within 3 months after opening

Keep out of the reach of children

Nordic Naturals products are never sold under any store brand

Warning: Consult with your physician before using this product if you are allergic to iodine, use blood thinners, or anticipate surgery.

* 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.



Fish oil processed in Norway.
Distributed from the U.S. by:
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