

Olde World® Icelandic Cod Liver Oil comes from the pure cold waters of Iceland and is processed using traditional methods to ensure its naturally occurring vitamins and essential fatty acids remain intact. **Olde World® Icelandic Cod Liver Oil** provides over 1,000 mg of Omega-3 fatty acids and is one of nature's richest sources of vitamins A and D. **Olde World® Icelandic Cod Liver Oil** can play an important role in supporting cardiovascular health, normal calcium metabolism and normal bone development.[†]

Warning: Do not take this product if you are using blood thinners or anticipate surgery. Consult with a physician before taking this product if you are pregnant, nursing, diabetic, take medication on a regular basis or are otherwise under medical supervision. **Keep out of reach of children.**

Do not use if safety seal is broken or missing.
Contains no artificial colors or preservatives.
Refrigerate after opening. May contain soy.

[†] 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.



Olde World® Icelandic Cod Liver Oil

Lemon Mint Flavor

8 fl oz (236 mL) Whole Food Dietary Supplement

Suggested Use: Adults take 1 teaspoon per day unless otherwise advised by your healthcare practitioner.

Supplement Facts

Serving Size 1 teaspoon (5 mL)		
Servings Per Container Approximately 47		
Amount Per Serving		% Daily Value
Calories	40	
Calories from Fat	40	
Total Fat	4.5 g	7% [†]
Saturated Fat	1 g	5% [†]
Polyunsaturated Fat	1 g	
Cholesterol	10 mg	3%
Vitamin A	4,500 IU	90%
Vitamin D	450 IU	113%
Total Omega-3 Fatty Acids 1.1 g +		
Other Omega-3s	171 mg	
EPA (Eicosapentaenoic Acid)	471 mg	
DHA (Docosahexaenoic Acid)	428 mg	

[†] Percent Daily Values are based on a 2,000 calorie diet.
+Daily Value not established.

Ingredients: Cod liver oil, natural lemon flavor, natural peppermint oil, alpha tocopherol.

Distributed by Garden of Life LLC

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Palm Beach Gardens, FL 33410 USA
Made in Canada
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www.gardenoflife.com
CLO80Z-121115

