



NATURALIST®

Cod Liver Oil



Supports Eye, Skin & Immune System Health*

Dietary Supplement

60 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) (Omega-3)	37 mg	**
DHA (Docosahexaenoic Acid) (Omega-3)	36 mg	**
Other Fatty Acids		**

**Daily Value not established.

Other Ingredients: Gelatin (Bovine), Glycerin, Mixed Natural Tocopherols.

Contains fish (cod) ingredients.

†As Natural Triglycerides

IMPORTANT FACTS YOU SHOULD KNOW

Cod Liver Oil is a natural source of Omega-3 fatty acids, Docosahexaenoic Acid (DHA) and Eicosapentaenoic Acid (EPA). Vitamin A performs a variety of functions, including a role in vision, new cell growth, healthy tissue and the immune system.* Vitamin D is an essential cofactor for absorption and regulation of calcium, bone mineralization and maintenance, and immune function.*

DIRECTIONS: FOR ADULTS, TAKE ONE (1) SOFTGEL UP TO TWO TIMES DAILY, PREFERABLY WITH MEALS.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor, sodium.

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 AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

*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.

Quality Guaranteed Lab Tested
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

Manufactured by Rexall Sundown, Inc.
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