

Solgar's Cod Liver Oil Softgels are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of artificial preservatives, flavors or colors.

To assure freshness and potency, store at room temperature 59°-86°F (15°-30°C). Store away from heat, light and moisture.

DO NOT USE IF OUTER BOTTLE SEAL IS MISSING, TORN OR DAMAGED IN ANY WAY.

For more information, call toll-free  
1-877-SOLGAR 4  
[www.solgar.com](http://www.solgar.com)

  
Since 1947

# NORWEGIAN COD LIVER OIL

## VITAMIN A & D OMEGA-3 FATTY ACIDS (EPA & DHA)

### DIETARY SUPPLEMENT 100 SOFTGELS

#### SUGAR, SALT AND STARCH FREE

00940US04PK

CAREFULLY MANUFACTURED FOR:  
**SOLGAR VITAMIN AND HERB, LEONIA, N.J. 07605 U.S.A.**

<b>Supplement Facts</b>	
<b>Serving Size 1 Softgel</b>	
<b>Amount Per Serving</b>	<b>%DV</b>
Vitamin A (from cod liver oil)	1,250 IU 25%
Vitamin D (from cod liver oil)	135 IU 34%
Cod Liver Oil	400 mg *
EPA	28 mg (eicosapentaenoic acid, 7%)
DHA	28 mg (docosahexaenoic acid, 7%)

\*Daily Value (DV) not established.

Other Ingredients: Gelatin, Glycerin. Contains various fish species.

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) softgel up to three (3) times daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Keep out of reach of children.

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