

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



NORWEGIAN
COD LIVER OIL
VITAMIN A & D
OMEGA-3 FATTY ACIDS
(EPA & DHA)
DIETARY SUPPLEMENT
100 SOFTGELS
SUGAR, SALT AND STARCH FREE

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving		%DV
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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CAREFULLY MANUFACTURED FOR:
SOLGAR VITAMIN AND HERB, LEONIA, N.J. 07605 U.S.A.

