

Solgar® Cod Liver Oil provides Vitamins A and D to support a healthy immune system, promote healthy eyes and vision, and support bone health.* The oil used in this formulation has been molecularly distilled to remove contaminants.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Carefully Manufactured for:

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COD LIVER OIL

VITAMINS A&D

Non-GMO
GLUTEN, WHEAT & DAIRY FREE

250 SOFTGELS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Softgel

Amount Per Serving	%DV
Vitamin A 375 mcg	42%
Vitamin D 3.4 mcg (135 IU)	17%

DV = Daily Value

Ingredients: Cod Liver Oil, Gelatin, Vegetable Glycerin, Retinyl Palmitate, Cholecalciferol, Mixed Tocopherols.

Contains fish (Cod).

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) softgel three times daily, preferably with meals, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

This product contains 375 mcg of Vitamin A (1,250 IU) and 3.4 mcg of Vitamin D (135 IU).

