

**Barlean's Fresh Catch®
Icelandic Cod Liver Oil** is
for those who aspire to nutritionally
support the optimal structure and
function of:

- Joint Mobility & Bone Density*
- Skin, Hair & Nail Health*
- Sexual and Hormonal Health*
- Heart Health*
- Eye Health - Visual Acuity*
- Energy & Endurance*
- Mental Health, Wellness & Acuity*

Barlean's Fresh Catch is a pure &
pristine source of molecularly distilled,
pharmaceutical grade Cod Liver Oil
abundant in the naturally occurring
Omega-3s, EPA & DHA and vitamins A & D
to bring you vibrant health and energy.

Purity Guaranteed - Ultra Purified.
Free of mercury, lead, PCBs and
other contaminants.

SUGGESTED USE: 1 teaspoon daily
with a meal. Refrigerate - a cloudy
appearance is natural.
SHAKE WELL.

* 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.

100% SATISFACTION GUARANTEED

Bruce Barlean
FRESHEST BEFORE

BOTTLED ON

FRESHEST BEFORE

ESTD 1989



Fresh Catch®

COD LIVER OIL

SUPPLEMENT

**OMEGA-3
EPA/DHA**

**Molecularly
Distilled**

**Pharmaceutical
Grade**

**Guaranteed
Best Tasting**

8 FL.OZ / 236 ML

LEMONADE FLAVOR

Supplement Facts

Serving Size 1 Tsp. (5 ml)

Servings per Container 47

Amount Per Serving

Calories 45 Calories from Fat 45

	% Daily Value*
Total Fat 4.5 g	8%
Saturated Fat 1.5 g	8%
Cholesterol 15 mg	5%
Polyunsaturated Fat 1.5 g	†
Monounsaturated Fat 2.0 g	†
Vitamin A 0-2,287 IU	0-46%
Vitamin D 0-46 IU	0-12%
Vitamin E Natural 5 IU (d-alpha Tocopherol)	16%

Omega-3 Polyunsaturated Fat

Eicosapentaenoic Acid (EPA)	440 mg	†
Docosahexaenoic Acid (DHA)	460 mg	†
Other Omega-3 Fatty Acids	240 mg	†

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA)	83 mg	†
Other Omega-6 Fatty Acids	69 mg	†

Omega-9 Monounsaturated Fat

Oleic Acid	540 mg	†
Other Omega-9 Fatty Acids	440 mg	†

* Percent Daily Values (DV) are based on a
2,000 calorie diet.
† Daily Value not established.

INGREDIENTS: Pure & pristine, molecularly
distilled, pharmaceutical grade cod liver oil
harvested from deep-sea, cold water
Icelandic cod, natural lemonade flavoring,
FreshLok™ antioxidant containing
rosemary extract, ascorbyl palmitate,
ascorbic acid, soy lecithin and d-alpha
tocopherol to ensure freshness.

Barlean's Organic Oils

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