

Cod Liver Oil

Natural Source
of Vitamins

A&D

Dietary Supplement

90 SOFTGELS

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Calories	5	
Calories from Fat	5	
Total Fat	0.5 g	<1%*
Trans Fat	0 g	†
Vitamin A (from Cod Liver Oil and Retinyl Palmitate)	2,500 IU	50%
Vitamin D3 (from Cod Liver Oil and Cholecalciferol)	270 IU	70%
Cod Liver Oil	650 mg	†
Typical Values of naturally occurring amounts of Omega-3 fatty acids (per serving)		
Elcosapentaenoic Acid (EPA)	45 mg	
Docosahexaenoic Acid (DHA)	60 mg	

* Percent Daily Values are based on a 2,000 calorie per day diet.

† Daily Value not established.

OTHER INGREDIENTS: CAPSULE (GELATIN, GLYCERIN, WATER). CONTAINS: FISH (COD).

DISTRIBUTED BY: INDIANA BOTANIC GARDENS, INC.
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Suggested Use: Take 1 softgel 1-3 times daily, as a dietary supplement, or as directed by a physician.

Warning: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

For your protection, this container has an outer safety seal.
(Do not accept if missing or broken.)

Best if used by date on bottle. Store in a dry, cool place.

KEEP OUT OF REACH OF CHILDREN

Any Questions? 1-800-644-8327

Website: www.botanicchoice.com

