

SAFETY SEALED. DO NOT USE IF
PRINTED SEAL UNDER CAP IS
CUT, TORN, OR MISSING.

exchange
select

COD LIVER OIL

WITH VITAMINS A & D



EVERYDAY HEALTH*

• SUPPORTS HEALTHY EYES
& STRONG BONES*

100 SOFTGELS
DIETARY SUPPLEMENT

quality
value

Supplement Facts

Serving Size 3 Softgels Servings Per Container 33

Amount Per Serving	% Daily Value
Calories 20	
Calories from Fat 15	
Total Fat 2 g	3% **
Cholesterol 15 mg	5% **
Vitamin A 3750 IU	75%
Vitamin D 400 IU	100%

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

INGREDIENTS: Cod Liver Oil, Gelatin, Glycerin, Purified Water USP. Contains 2% or less of cholecalciferol, *d*-alpha tocopherol, medium chain triglycerides, retinyl palmitate. **Contains: Fish (cod).**

Directions: Adults - Take three softgels daily with food as a dietary supplement.

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).

**NO ARTIFICIAL COLORS OR FLAVORS
NO GLUTEN • NO LACTOSE • NO SUGAR**

Vitamin A acts as an antioxidant, protecting cells against the damaging effects of free radicals and helping to support healthy eyes and vision. Vitamin D helps the body absorb calcium and is known for its beneficial effects on strong healthy bones.*

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

*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.

**"SATISFACTION GUARANTEED
OR YOUR MONEY BACK."**

Manufactured for:

Your Military Exchanges By:
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1-866-927-5470

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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