

Pharmaceutical Grade<sup>®</sup> and Molecularly Distilled

Nordic Naturals Arctic-D Cod Liver Oil was developed for people who want the health benefits of DHA, EPA, and natural vitamin D. Nordic Naturals has raised the bar on purity and freshness with our "Gold Standard" Arctic Cod Liver Oil. Nordic Naturals oversees production from sea to finished product—assuring 100% Arctic cod is delivered, within hours of being caught, to our plant for molecular processing in a nitrogen environment. The result—the purest and best tasting cod liver oil.

• All Nordic Naturals fish oils surpass all pharmaceutical standards for freshness and purity. Every batch is third-party tested, showing no detected levels of heavy metals, dioxins, or PCBs.

**Suggested Use:** One teaspoon daily, with food, or as directed by your health care professional or pharmacist.

**Do not take if tamper evident seal is broken or missing**

**Refrigerate after opening**

**Best if used within 3 months after opening**

**Warning:** Consult with your physician before using this product if you are allergic to iodine, use blood thinners, or anticipate surgery.

**Keep out of the reach of children**

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.



Distributed from the U.S. by:  
NORDIC NATURALS, INC.  
Watsonville, CA 95076

Customer Service:  
**800.662.2544**  
[www.nordicnaturals.com](http://www.nordicnaturals.com)

Dietary Supplement

NORDIC<sup>®</sup> NATURALS<sup>®</sup>



NATURALS<sup>®</sup>

Great  
lemon taste!



# ARCTIC-D<sup>™</sup> COD LIVER OIL

MADE FROM 100% ARCTIC COD LIVERS

*Natural Triglyceride Form*

Provides the Omega-3s,  
EPA + DHA, with Vitamin D



8 Fluid Ounces • 237 Milliliters

## Supplement Facts

Serving Size: 1 Teaspoon (5 ml)

Servings per bottle: 48

Amount Per Serving	% DV <sup>1</sup>	% DV <sup>2</sup>
Calories	45	
Calories from fat	45	
Total Fat	5.0 g	† 8%*
Saturated Fat	1.0 g	† 5%*
Trans Fat	0 g	†
Cholesterol	14 mg	† 5%*
Vitamin A	650-1500 I.U.	26-60% 13-30%*
Vitamin D3 (cholecalciferol)	1000 I.U.	250% 250%*
Vitamin E (d-alpha tocopherol)	30 I.U.	300% 100%*
Omega-3s	Weight <sup>3</sup>	Volume %
EPA (Eicosapentaenoic Acid)	410 mg	9%
DHA (Docosahexaenoic Acid)	625 mg	14%
Other Omega-3s	225 mg	5%
Total Omega-3s	1260 mg	28%
Oleic Acid (Omega-9)	600 mg	13%

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

† Daily Value not established. <sup>3</sup> Natural Triglycerides

1 Daily Value (DV) for children under 4 years of age.

2 Daily Value (DV) for adults and children over 4 years of age.

**Ingredients:** purified arctic cod liver oil, vitamin D3 (cholecalciferol in sesame oil), d-alpha tocopherol, natural lemon flavor, rosemary extract. No gluten, yeast, milk derivatives, or artificial colors or flavors. May contain traces of peanut and/or soy derivatives.