



Cod Liver Oil

With Heart Healthy
Omega-3s[†]
Excellent Source of
Vitamin A & Vitamin D[†]

DIETARY SUPPLEMENT
100 SOFTGELS

- No Color Added
- No Artificial Flavors
- No Preservatives
- No Yeast or Starch
- Gluten Free

Available Sizes: 100 Count



Cod Liver Oil Liquid Softgels

Cod liver oil contains heart healthy[†] omega-3 fatty acids and is an excellent source of vitamin A and vitamin D.

- Contains 49 mg of EPA and DHA omega-3 fatty acids per serving.

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value
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Calories 5

Calories from Fat 5

Total Fat 0.5 g	Less than 1%**
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Cholesterol Less than 5 mg	Less than 1%**
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Vitamin A (as Retinyl Palmitate) 1250 IU	25%
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Vitamin D ₃ (as Cholecalciferol) 130 IU	32%
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Cod Liver Oil 530 mg	*
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Total Omega-3 Fatty Acids 74 mg	*
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Omega-3 EPA (Eicosapentaenoic Acid) 24.5 mg	
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Omega-3 DHA (Docosahexaenoic Acid) 24.5 mg	
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*Daily Value not established.

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

Provides 49 mg of EPA and DHA combined per serving, which is 30% of the recommended amount of omega-3s.[†]
* "Recommended amount" equates to a calculation based on approximately 3,500 mg of omega-3 fatty acids EPA & DHA found in two servings of fatty fish per week.

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SUGGESTED USE: Take one softgel one to three times daily with a meal. Keep bottle tightly closed.

Store in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

OTHER INGREDIENTS: Gelatin, Glycerin, Water.

Contains: Fish (Cod).

Distributed by:

Nature Made Nutritional Products
Mission Hills, CA 91346-9606, U.S.A.

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www.NatureMade.com

Cod Liver Oil softgels are made to Nature Made's guaranteed purity and potency standards.

† 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.

Nature Made Cod Liver Oil provides vitamin A which helps support healthy eye function and a healthy immune system.† Vitamin D supports a healthy immune system and helps improve calcium absorption, thereby helping support healthy bones.†

Nature Made Cod Liver Oil is guaranteed to meet our high quality standards – it is made from carefully selected ingredients under strict manufacturing processes.

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