



Omega-3s EPA & DHA

# Cod Liver Oil

Lightly Lemon Gems™



DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision and Joint Health\*

150 Soft Gels: 1000 mg

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Carlson. Specializing in the finest Norwegian fish oils since 1982

## Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Cholesterol	<5 mg	2%
Vitamin A (from Cod Liver Oil)	150 IU	3%
Vitamin D3 (from Cod Liver Oil)	80 IU	20%
Vitamin E (as natural d-Alpha Tocopherol)	2 IU	7%
Norwegian Cod Liver Oil	1000 mg	†
Total Omega-3 Fatty Acids <sup>☆</sup>	230 mg	†
EPA (Eicosapentaenoic Acid) <sup>☆</sup>	85 mg	†
DHA (Docosahexaenoic Acid) <sup>☆</sup>	100 mg	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value (DV) not established. <sup>☆</sup>Reported as triglycerides.

Other Ingredients: Natural lemon flavor. Soft Gel Shell: Beef gelatin, glycerin, water. Contains fish (cod).

Extensive research suggests that the polyunsaturated Omega-3s EPA & DHA provide extraordinary health benefits.\* Cod Liver Oil soft gels provide 85mg of EPA and 100mg of DHA, and are a natural source of Vitamins A & D.

**Directions:** Adults take one soft gel one to five times daily, **at mealtimes.**

- ✓ **Gluten-free** ✓ **Salt-free**
- ✓ **Preservative-free**

### PURITY GUARANTEED

This product is regularly tested (using AOAC international protocols) for freshness, potency and purity by an independent, FDA-registered laboratory and has been determined to be fresh, fully-potent and free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.

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