

Carlson®

The Finest Norwegian Cod Liver Oil

Supplement Facts

Serving Size 1 Teaspoonful (5 ml)

Servings Per Container 50

	Amount Per Teaspoonful	% DV
Calories	45	
Calories from Fat	45	
Total Fat	5 g	8% **
Saturated Fat	1 g	5%
Cholesterol	20 mg	7%
Vitamin A	850 IU	17%
Vitamin D3	400 IU	100%
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	10 IU	33%
Omega-3 Fatty Acids*	1,100 mg	†
DHA (Docosahexaenoic Acid)*	500 mg	†
EPA (Eicosapentaenoic Acid)*	400 mg	†
100% Norwegian Cod Liver Oil	4.6 g	†

** Percent Daily Values are based on a 2000 calorie diet.
† Daily Value (DV) not established. *Reported as triglycerides.

Other ingredients: Fruit flavors. Contains fish (cod).

Directions: Take one teaspoonful daily **at mealtime**. After initially opening the bottle, keep refrigerated and preferably use within 100 days.

✓ **Gluten-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.

Manufactured & bottled in Norway for J. R. Carlson Laboratories, Inc.
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