



Omega-3s EPA & DHA

# Cod Liver Oil

Lightly Lemon

Gems™



DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision and Joint Health\*

300 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.

1383-1d

10.75" x 4.20"

750cc

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*	230 mg	†
EPA (Eicosapentaenoic Acid)*	85 mg	†
DHA (Docosahexaenoic Acid)*	100 mg	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value (DV) not established. \*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 mealtime.**

- ✓ **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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