

Carlson<sup>®</sup>

The Finest Norwegian Cod Liver Oil

# Supplement Facts

Serving Size 1/2 Teaspoon (2.5 mL)

Servings Per Container 100

Amount Per 1/2 Teaspoon		% DV <sup>1</sup>	% DV <sup>2</sup>
Calories	25		
Calories from Fat	25		
Total Fat	2.5 g	†	4%**
Saturated Fat	0.5 g	†	3%
Cholesterol	10 mg	†	3%
Vitamin A (from cod liver oil and retinyl palmitate)	425 IU	17%	9%
Vitamin D3 (from cod liver oil and cholecalciferol)	200 IU	50%	50%
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	5 IU	50%	17%
100% Norwegian Cod Liver Oil	2.3 g	†	†
Omega-3 Fatty Acids*	550 mg	†	†
DHA (Docosahexaenoic Acid)*	250 mg	†	†
EPA (Eicosapentaenoic Acid)*	200 mg	†	†

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

† Daily Value (DV) not established. \*Reported as triglycerides.

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

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

Other ingredients: Natural lemon flavor. Contains fish (cod).

**Directions:** Children 2 years and older take 1/2 teaspoonful once or twice daily **at mealtime**. Consult your pediatrician before giving to children under 2 years of age. After initially opening the bottle, keep refrigerated and preferably use within 100 days.

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

**PURITY GUARANTEED**

This product is regularly tested by independent FDA registered laboratories. It has been determined to be fresh and fully potent (per AOCS international protocols) and is 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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