

*Carlson.*

The Finest Norwegian Cod Liver Oil

# Supplement Facts

Serving Size 1 Teaspoon (5 mL)

Servings Per Container 50

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

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

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

Contains fish (cod).

**Directions:** Take one teaspoonful daily **at mealttime**. 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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