

**Our product provides Vitamins A and D, which help maintain bones and a healthy immune system.\* Cod Liver Oil also assists in many other functions, such as eyesight and skin maintenance.\***

**WARNING:** If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

**NATURE'S BOUNTY**

**OMEGA-3**

**NORWEGIAN**

**Cod Liver Oil**

**1 PER DAY**  
SOFTGEL

**Excellent Source  
of Vitamins A & D**



NATURALLY CONTAINS  
**OMEGA-3  
FATTY ACIDS**

**RAPID RELEASE  
LIQUID SOFTGEL**



**100 softgels** VITAMIN SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) softgel daily, preferably with a meal.

**Supplement Facts**

Serving Size 1 Softgel

Amount Per Serving	%Daily Value	
Cholesterol	<5 mg	1%
Vitamin A (as Retinyl Palmitate)	1,250 IU	25%
Vitamin D (as D3 Cholecalciferol)	135 IU	34%
Cod Liver Oil	415 mg	**
provides 90 mg of Total Omega-3 Fatty Acids† comprising of:		**
EPA (Eicosapentaenoic Acid) (Omega-3)	37 mg	**
DHA (Docosahexaenoic Acid) (Omega-3)	36 mg	**
Other Fatty Acids		**

\*\*Daily Value not established.

Other Ingredients: Gelatin, Vegetable Glycerin.

Contains fish (cod) ingredients.

†As Natural Triglycerides

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Shellfish. Sodium Free.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**  
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Nutrition Questions or Comments?  
Call 1-800-433-2990  
Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit [www.NaturesBounty.com](http://www.NaturesBounty.com)

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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