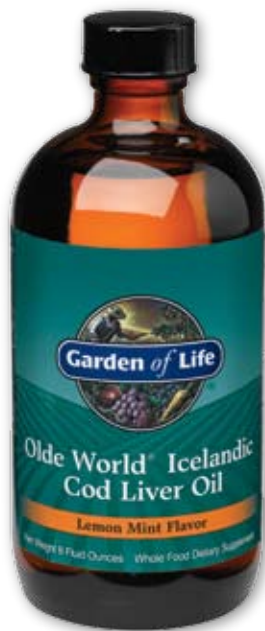


OLDE WORLD® ICELANDIC COD LIVER OIL LEMON MINT FLAVOR



- One of nature's richest sources of natural Vitamins A and D
- Supportive but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease. One serving of Olde World® Icelandic Cod Liver Oil provides over 750mg of EPA and DHA Omega-3 fatty acids
- The Vitamins A and D in Olde World Icelandic Cod Liver Oil support normal calcium metabolism, normal bone development, and help maintain healthy bone structure†
- The Vitamin A in Olde World® Icelandic Cod Liver Oil supports eye health, normal skin and hair structure, and healthy immune function†
- The Omega-3 fatty acids found in Olde World® Icelandic Cod Liver Oil support healthy neurological and brain function†
- All-natural lemon mint flavor
- Olde World® Icelandic Cod Liver Oil is molecularly distilled and undergoes quality control measures to ensure purity standards are met
- Great for those on low carbohydrate diets

Supplement Facts

Serving Size 1 tsp (5ml)		Servings Per Bottle 47
Calories 40		Calories from Fat 40
	Amount Per Serving	% Daily Value*
Total Fat	4.5g	7%
Saturated Fat	1g	5%
Polyunsaturated Fat	1g	+
Cholesterol	10mg	3%
Vitamin A	5000IU	100%
Vitamin D	200IU	50%
Total Omega-3 Fatty Acids	962mg	+
DHA ¹	453mg	+
EPA ²	320mg	+

¹Docosahexaenoic Acid

²Eicosapentaenoic Acid

* Daily Values for adults and children over 4 years of age

+ Daily Value not established

Ingredients: Icelandic cod liver oil, natural lemon essence, natural peppermint essence, alpha tocopherol.



What is the origin of your Cod Liver Oil?

Far north in the icy Atlantic lives a truly remarkable culture of people who have withstood the challenges of harsh weather and long seasons of darkness. This is the island nation of Iceland.

Cod liver oil has always been an important part of the diet for the Icelandic people. They instinctively recognize the importance of Vitamin A, Vitamin D and the essential Omega-3 fatty acids found in cod liver oil.

Regular use of cod liver oil has supported the overall health of the Icelandic people for hundreds of years. Now, this same product is available to support your overall health.†

Is Olde World® Icelandic Cod Liver Oil tested for purity?

Olde World® Icelandic Cod Liver Oil undergoes quality control measures to ensure purity standards are met.

What are the benefits of Vitamin D supplementation?

Current research shows that Vitamin D deficiency, believed to be almost non-existent in the North American population, might be more prevalent than originally thought.

Vitamin D, well known for its ability to support calcium metabolism, has also been shown to support healthy carbohydrate metabolism.† Additionally, Vitamin D is suggested to play a pivotal role in supporting normal muscle tone and strength.†

Suggested Use: Adults take 1 teaspoon per day unless otherwise advised by your healthcare practitioner.