

COD LIVER OIL

*Grandma knew
what was
Simply... the Best!*



John Carlson with his Mother Astrid, his Daughter Carilyn Anderson and two of his Grandchildren, Emily and Kaitlen.

Low-A COD LIVER OIL 1000 mg

Each soft gel contains 1000 mg (1 gram) of Norwegian Cod Liver Oil supplying the following:	Amount per 5	RDA* per 5
DHA (DocosaHexaenoic Acid)	110 to 120 mg	-
EPA (EicosaPentaenoic Acid)	90 to 100 mg	-
Vitamin A (5% RDA*)	200 to 250 IU	25%
Vitamin D (25% RDA*)	100 IU	125%
Vitamin E (d-Alpha Tocopherol)	10 IU	

Soft Gels



Code	Quantity
1391	150
1392	300

5 soft gels daily are closely equivalent to one teaspoonful of Carlson Cod Liver Oil Liquid

SUPER 1000 mg COD LIVER OIL

Each soft gel contains 1000 mg (1 gram) of Norwegian Cod Liver Oil supplying the following:
DHA (DocosaHexaenoic Acid)
EPA (EicosaPentaenoic Acid)
Vitamin A (40% RDA*)
Vitamin D (62% RDA*)
Vitamin E (d-Alpha Tocopherol)

Soft Gels



Code	Quantity
1301	100
1302	250

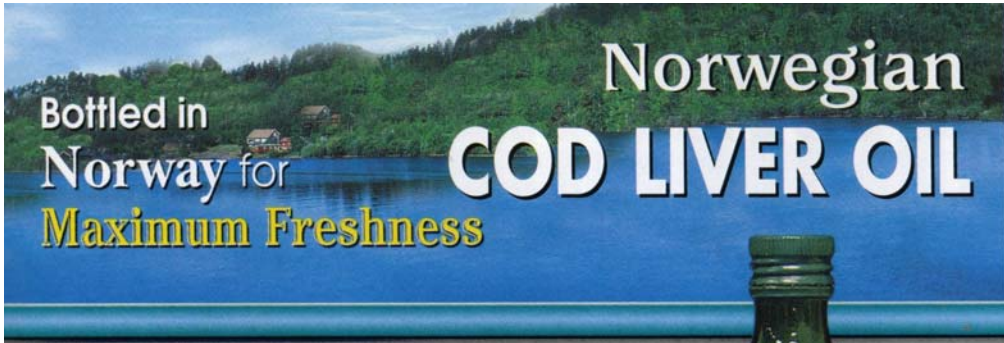
COD LIVER OIL

Mini Soft Gels

Each small soft gel contains Vitamin A (1,250 IU), Vitamin D₃ (135 IU), EPA - EicosaPentaenoic Acid (30 mg), and DHA - DocosaHexaenoic Acid (40 mg).



Code	Quantity
1311	100
1312	250



Bottled in
Norway for
Maximum Freshness

Norwegian COD LIVER OIL

From the deep, unpolluted waters near Norway, Carlson brings you the finest Cod Liver Oil, which naturally contains:

- EPA & DHA (Substantial amounts)
- VITAMINS A & D (Moderate amounts)

Throughout the world, medical scientists are encouraging people to eat more fish as fish oil is the only major source of the long chain polyunsaturated omega-3's, EPA and DHA. Cod Liver Oil is a naturally rich source of these important Omega-3's, which are unique in their structure and function and aid in our well-being.



Only cod fish caught during the winter and early spring are used, as the liver oil content is highest at this time of year. The oil is separated from the liver tissues without the use of chemicals. To insure maximum freshness, the air inside the glass bottle has been replaced with nitrogen, and natural-source Vitamin E has been added.

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for Maximum
Freshness*

Each teaspoonful of Carlson COD LIVER OIL provides approximately:

DHA (Docosahexaenoic Acid)	500 - 550 mg
EPA (Eicosapentaenoic Acid)	460 - 500 mg
ALA (Alpha-Linolenic Acid)	46 - 50 mg
Vitamin A (25% RDA*)	1,250 IU
Vitamin D (125% RDA*)	500 IU
Vitamin E	10 IU
(Natural d-alpha tocopherol to preserve freshness)	

REGULAR Flavor	
Code	Size
1321	8.4 fl. oz. (250 ml)
1322	16.8 fl. oz. (500 ml)
LEMON Flavor	
Code	Size
1351	8.4 fl. oz. (250 ml)
1352	16.8 fl. oz. (500 ml)

Available from

[Dr. Ingrid Pincott, ND](#)

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