

KEEP OUT OF REACH  
OF CHILDREN.  
Store in a cool, dry place.

For More Information:  
1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA

ACTUAL SIZE



**GNC**

# COD LIVER OIL

OMEGA-3 SUPPLEMENT

260 mg of EPA/DHA Omega-3s  
Supports heart, brain, skin, eye &  
joint health\*  
Natural source of vitamins A and D-3



90 SOFTGELS

CODE 011222

HRG

**Directions:** As a dietary supplement, take one softgel capsule up to two times daily with food.

## Supplement Facts

Serving Size One Softgel Capsule

Amount Per Serving	% Daily Value	
Calories	10	
Total Fat	1 g	1%†
Cholesterol	5 mg	2%
Vitamin A	375 mcg	42%
Vitamin D	3.375 mcg	17%
Vitamin E	0.671 mg	4%
EPA (Eicosapentaenoic Acid)	160 mg	*
DHA (Docosahexaenoic Acid)	100 mg	*

† Percent Daily Value based on a 2,000 calorie diet.

\* Daily Value not established.

**Ingredients:** Fish Oil, Cod Liver Oil, Softgel Capsule (Gelatin, Glycerin), d-alpha Tocopherol.

**CONTAINS: Fish (Anchovy, Mackerel, Sardine, Smelt, Salmon, Tuna, Cod or a Combination Thereof).**

No Sugar, No Starch, No Artificial Colors, No Artificial Flavors,  
No Preservatives, Sodium Free, No Wheat, Gluten Free, No Corn,  
No Dairy, Yeast Free.

- Free of mercury, lead, heavy metals and PCBs
- From wild, deep ocean fish



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

Lot No./Best By: