

**UK & EU Food Supplement Label**  
**Olde World Icelandic Cod Liver Oil (235ml)**  
**Food Supplement**

Manufactured in the USA by: Garden of Life LLC4200 Northcorp  
ParkwayPalm Beach Gardens, FL 33410 USA,  
www.gardenoflife.com

Store in a cool, dry place. Do not exceed the recommended daily dose. Do not use if safety seal is broken or missing. Do not use as a substitute for a balanced and varied diet and a healthy lifestyle.

**KEEP OUT OF REACH OF CHILDREN.**

**Best Before Date** – See product outer packaging



NHC16183

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

**Nutrition Information**

Serving Size 1 teaspoon (5 mL)  
Servings Per Container Approximately 47

Amount Per Serving	% NRV
Calories 40	
Calories from Fat 40	
Total Fat 4.5 g	7% <sup>1</sup>
Saturated Fat 1 g	5% <sup>1</sup>
Polyunsaturated Fat 1 g	
Cholesterol 10 mg	3%
Vitamin A 810µg RE	101%
Vitamin D 11.25µg	225%
<b>Total Omega-3 Fatty Acids 1.1 g</b>	<b>+</b>
Other Omega-3s 171 mg	
EPA (Eicosapentaenoic Acid) 471 mg	
DHA (Docosahexaenoic Acid) 428 mg	

<sup>1</sup> Percent Nutrient Reference Value are based on 2,000 calorie diet.

+ Nutrient Reference Value not established

Ingredients: Cod liver oil, natural lemon flavor,  
natural peppermint oil, alpha tocopherol.