An Apple A Day...



Carlson award-winning Cod Liver Oil is now available in NEW, delicious, natural green apple flavor for adults and kids.



- Promotes cardiovascular, cognitive, and joint health*
- 1,100 mg of omega-3s (adults) / 550 mg omega-3s (kids) + vitamins A and D3
- Sourced from wild-caught, Norwegian Arctic cod
- Processed and bottled in Norway for maximum freshness
- Freshness, potency, & purity guaranteed



#1 Cod Liver Oil Brand in the US**



**SPINScan Natural, Supplement Oils, Total US, 52 Weeks Ending 06/14/2015, Natural Products Supermarkets > \$2MM.



Omega-3s + Vitamins A and D3

To ensure maximum freshness, Carlson Cod Liver Oil is closely managed from sea to store. We source the highest quality Arctic cod off the coast of Norway using traditional, sustainable methods. The same day they're caught, our cod are transported to a highly regulated Norwegian facility for processing and purification. Carlson Cod Liver Oil is bottled with a touch of vitamin E and is given a nitrogen flush to remove oxygen and to prevent oxidation. And like all Carlson omega-3s, freshness, potency, and purity are guaranteed.

Adults: 1 Teaspoon (5 mL) / 1 Packet Provides			
Kids: ½ Teaspoon (2.5 mL)	Adults	Kids	
Vitamin A (from cod liver oil and retinyl palmitate)	255 mcgRAE*	127 mcgRAE*	
Vitamin D (from cod liver oil and cholecalciferol)	10 mcg	5 mcg	
Vitamin E (as d-alpha tocopherol & mixed tocopherols)	6.7 mg	3.3 mg	
Norwegian Cod Liver Oil	4.6 g	2.3 g	
Omega-3 Fatty Acids	1,100 mg	550 mg	
DHA (Docosahexaenoic Acid)	500 mg	250 mg	
EPA (Eicosapentaenoic Acid)	400 mg	185 mg	

Flavor	Size	Adult's Code	Kid's Code
Green Apple	250 mL Bottle	1371	1373











