

“Liquid Sunshine”



# Arctic-D Cod Liver Oil

available in:  
lemon 8 ounce

Each teaspoon of this lemon-flavored liquid provides 1035 mg of the important omega-3 fatty acids, EPA and DHA, generously fulfilling the ISSFAL's daily recommendation of a minimum of 650 mg per day. Each serving also provides 1000 I.U. of vitamin D<sub>3</sub>, which is 250% of the recommended daily value of vitamin D for adults and children over four years of age. Nordic Naturals Arctic-D is based on 100% natural cholecalciferol, the natural and most easily absorbed form of vitamin D.

Vitamin D has long been known for its important role in regulating the body's levels of calcium and phosphorus, as well as increasing mineralization in the bones. Research shows that adults with higher levels of vitamin D tend to incur fewer bone fractures than those with lower levels.\* Arctic-D Cod Liver Oil provides the essential nutrition needed to prevent injuries and strengthen, balance, and heal the body, from the inside out.



## Why Arctic-D CLO?:

- The same “Gold Standard” quality as in our Arctic CLO
- Ensures strong, protected bones
- Provides immune and nerve support\*

## Quality Counts

As with all Nordic Naturals products, Arctic-D Cod Liver Oil is in the natural triglyceride form for optimal absorption. Our patented “nitrogen processing” ensures that Arctic-D Cod Liver Oil is absolutely pure and fresh. Fresh fish oils are better for the body, and do not create negative side effects such as repeat or burp-back.

Pure and fresh fish oil supplements have a high safety profile and few, if any, side effects. Physicians should be advised of individuals taking more than three grams of combined EPA + DHA daily, or if they are taking certain medications.

*Nordic Naturals fish oils surpass all national and international pharmaceutical standards for freshness. Every batch of Nordic Naturals fish oils is 3rd party tested to guarantee exceptional freshness and purity levels, and is free\*\* from heavy metals and environmental toxins.*

\*\* no detected heavy metals at 10 ppb, dioxins/PCBs at 0.5 ppt

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

## Supplement Facts

Serving Size: 1 Teaspoon (5 ml)		Servings per container: 48	
Amount Per Serving		% DV <sup>1</sup>	% DV <sup>2</sup>
Calories	45		
Calories from fat	45		
Total Fat	5.0 g	†	8%*
Saturated Fat	1.0 g	†	5%*
Trans Fat	0 g	†	†
Cholesterol	14 mg	†	5%*
Vitamin A	650–1500 I.U.	26–60%	13–30%*
Vitamin D3 (cholecalciferol)	1000 I.U.	250%	250%*
Vitamin E (d-alpha tocopherol)	30 I.U.	300%	100%*
<b>Omega-3s</b>	<b>Weight</b> ‡	<b>Volume</b>	<b>%</b>
EPA (Eicosapentaenoic Acid)	410 mg		9%
DHA (Docosahexaenoic Acid)	625 mg		14%
Other Omega-3s	225 mg		5%
Total Omega-3s	1260 mg		28%
Oleic Acid (Omega-9)	600 mg		13%

\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established. ‡ Natural Triglycerides

1 Daily Value (DV) for children under 4 years of age.

2 Daily Value (DV) for adults and children over 4 years of age.

**Ingredients:** purified arctic cod liver oil, vitamin D3 (cholecalciferol in sesame oil), d-alpha tocopherol, natural lemon flavor, rosemary extract.

No gluten, yeast, milk derivatives, or artificial colors or flavors.

May contain traces of peanut and/or soy derivatives.

**NORDIC**<sup>®</sup>  
**NATURALS**   
*Pure and Great Tasting Omega Oils*