Foundational Support

Cod Liver Oil is part of the Standard Process line of omega-3 oils that supports general health and overall well-being. Careful processing ensures that Cod Liver Oil maintains its natural profile of vitamin A, vitamin D, and omega-3 fatty acids.

Features of Cod Liver Oil:
- Helps to bridge the gap in dietary omega-3 intake*
- Supports general health and healthy inflammatory processes
- Supports immune system response
- Addresses vitamin A and vitamin D deficiency
- Supports healthy eyes and skin
- Supports epithelial tissue
- Supports bone and tooth health
- Supports musculoskeletal system
- May support mood challenges and liver function*

Vitamin A and Vitamin D Deficiency

The body needs vitamins A and D to support the bones, eyes and liver, as well as cardiovascular and immune health. Vitamins A and D in sufficient amounts help keep the body active and healthy. Cod Liver Oil naturally contains vitamins A and D, making it the perfect supplement to address this deficiency.

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>%DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>3 g</td>
<td>6%</td>
</tr>
<tr>
<td>Fat</td>
<td>0.4 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0.4 mg</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2,000 IU</td>
<td>40%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>400 IU</td>
<td>10%</td>
</tr>
<tr>
<td>Cod Liver Oil</td>
<td>3,000 mg</td>
<td></td>
</tr>
<tr>
<td>EPA</td>
<td>310 mg</td>
<td></td>
</tr>
<tr>
<td>DHA</td>
<td>350 mg</td>
<td></td>
</tr>
<tr>
<td>Total Omega-3</td>
<td>930 mg</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Other ingredients: Gelatin, glycerine, water, natural flavor, sunflower oil, and rosemary extract.

Available Size:
- Cod Liver Oil
- 180 Softgels

Please consult the actual product label for the most accurate product information.

NOTES

DOSAGE AM PM

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Bridging the Gap in Dietary Omega-3 Intake

Omega-3 fatty acids play a critical role in the human body and regulate various functions in the cardiovascular, pulmonary, immune, nervous and endocrine systems. Since EPA and DHA are not made efficiently by the body, it is recommended that these polyunsaturated fatty acids (PUFAs) be consumed at higher levels in the diet. However, a large percentage of the U.S. adult population falls below the recommendations for omega-3 fatty acid consumption. Standard Process Calamari Omega-3 Liquid helps bridge the dietary gap of omega-3 with 800 mg of DHA and 400 mg of EPA omega-3 fatty acids per serving.*

REFERENCES

High-Quality, Wholistic Clinical Nutrition

Since 1929, Standard Process has been dedicated to the field of nutritional supplements and the whole food philosophy introduced by Dr. Royal Lee. We are committed to growing and sourcing only the highest quality ingredients. For products like our omega-3 oils that can’t be grown on our own organic farm, we go to great lengths to find sources that practice, sustainable methods and apply high-quality standards like we do.

Our EPA and DHA products are of the highest quality, which means:

- Below regulatory standards for contaminants and toxins
- Pure, high quality, concentrated oils
- Sustainably sourced ingredients