

# Supplement Facts

Serving Size 1 Capsule

Servings Per Container 100

**Amount Per Capsule**

**% Daily Value**

Calories 20

Total Fat 2 g 3%\*

Saturated Fat 0.5 g 3%\*

Polyunsaturated Fat 1 g †

Monounsaturated Fat 0.5 g †

Vitamin A 765 mcg 85%

Vitamin D 21 mcg 105%

Omega-3 fatty acids 0.5 g †

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

† Daily Value not established.

Ingredients: Cod liver oil, gelatin, water, and glycerin.