

Recommended Dose: Adults and Children (4 years and older): Take 1 teaspoon (5 mL) daily with a meal or as recommended by your health professional. **Children (1-3 years):** Take ¼ teaspoon (1.25 mL) daily with a meal or as recommended by your health professional.

Warning: If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. **CAUTION:** Accidental overdose of liquid vitamin D products can lead to serious adverse side effects in infants. THIS PRODUCT IS NOT INTENDED FOR INFANTS. The recommended daily dose of vitamin D for infants is 10 mcg (400 IU). This product delivers 1.75 mcg (70 IU) of vitamin D per ¼ teaspoon (1.25 mL) and 7 mcg (280 IU) of vitamin D per 1 teaspoon (5 mL).

Keep out of the reach of children. Use only if safety seal is intact. Do not drink directly from the bottle. Refrigerate after opening. Like extra virgin olive oil, Cod Liver Oil Forte may occasionally become cloudy in cold conditions. This is perfectly normal and in no way affects the quality of the oil.

[†]This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.



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Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.



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GENESTRA
BRANDS®

Cod Liver Oil Forte

Dietary Supplement

With Vitamins A & D

Natural Citrus Flavor

Support for cognitive function and healthy bones, eyes and skin[†]

300 mL (10.1 fl oz)



Supplement Facts

Serving Size 1-3 Years: ¼ Teaspoon (1.25 mL); 4+ Years: 1 Teaspoon (5 mL)
Servings per Container 1-3 Years: about 240; 4+ Years: about 60

	Amount Per Teaspoon	% DV for Adults and Children 4+ years (1 Teaspoon)	Amount Per ¼ Teaspoon	% DV for Children 1-3 Years (¼ Teaspoon)
Calories	45		10	
Total Fat	4.5 g	6% [^]	1 g	3% ^{^^}
Saturated Fat	1 g	5% [^]	< 0.5 g	3% ^{^^}
Cholesterol	20 mg	7%	5 mg	2%
Vitamin A (as cod liver oil)	850 mcg	94%	212.5 mcg	71%
Vitamin D (as cod liver oil)	7 mcg (280 IU)	35%	1.75 mcg (70 IU)	12%
Cod Liver Oil (from Atlantic cod, <i>Gadus morhua</i>)	3200 mg	*	800 mg	*
Yielding				
EPA (Eicosapentaenoic Acid)	330 mg	*	82.5 mg	*
DHA (Docosahexaenoic Acid)	300 mg	*	75 mg	*

* Daily value (DV) not established

[^] Percent daily values (DV) are based on a 2,000 calorie diet

^{^^} Percent daily values (DV) are based on a 1,000 calorie diet

Other ingredients: Sunflower oil, organic sweet orange oil, organic lemon oil, rosemary leaf extract, mixed tocopherols concentrate

Contains: Fish (cod)