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Solgar Super Cod Liver Oil Complex - 60 Tablets

Ingredients

Eicosapentaenoic Acid (EPA), Docosahexaenoic Acid (DHA), Vitamin A (as retinyl palmitate), Vitamin D (as cholecalciferol), Cod Liver Oil, Vitamin D3 (as cholecalciferol), Marine Concentrate (from sardines, herring, anchovies, mackerel), DHA Concentrate (from tuna), Softgel Capsule Shell: (gelatin (from bovine), vegetable glycerin (from palm kernel oil and coconut oil)), Antioxidant (mixed tocopherols).

Nutritional Information

Typical Values	mg/ug	% EC NRV
Eicosapentaenoic Acid (EPA)	202mg	
Docosahexaenoic Acid (DHA)	185mg	
Vitamin A (as retinyl palmitate)	906ug RE (3021 IU)	113%
Vitamin D (as cholecalciferol)	25ug (1020 IU)	500%
From:		
Cod Liver Oil Providing:	1250mg	
Eicosapentaenoic Acid (EPA)	130mg	
Docosahexaenoic Acid (DHA)	119mg	
Vitamin A (as retinyl palmitate)	375ug RE (1250 IU)	47%
Vitamin D3 (as cholecalciferol)	3ug (125 IU)	60%
Marine Concentrate (from sardines, anchovies, mackerel) Providing:	180mg	
Eicosapentaenoic Acid (EPA)	68mg	
Docosahexaenoic Acid (DHA)	29mg	
DHA Concentrate (from tuna) Providing:	79mg	
Eicosapentaenoic Acid (EPA)	4mg	
Docosahexaenoic Acid (DHA)	37mg	
Vitamin A (as retinyl palmitate)	531ug RE (1771 IU)	66%
Vitamin D3 (as cholecalciferol)	22ug (895 IU)	440%