



Fresh Catch®

COD LIVER OIL

SUPPLEMENT

OMEGA-3 EPA / DHA

The World's FRESHEST Fish Oil!



- Pharmaceutical Grade
- Molecularly Distilled
- Free of PCBs, Dioxins, Arsenic, Cadmium, Lead, Mercury and other contaminants
- Optimal Dosage of EPA, DHA and Vitamins A & D
- Five-Layer Oxidation Protected
- Council for Responsible Nutrition Compliant
- Physician Recommended
- International Purity Guideline Compliant
- Laboratory Tested, Certified & Validated free of detectable contaminants



AMERICA'S BEST SELLING
OMEGA-3



Fresh Catch®

COD LIVER OIL SUPPLEMENT

Barlean's Fresh Catch® Cod Liver Oil is a **pure and pristine** source of **molecularly distilled, pharmaceutical grade** cod liver oil, ideal for those who seek a naturally occurring, well-balanced ratio of **EPA, DHA** and **vitamins A & D**.

Barlean's Fresh Catch® Cod Liver Oil is for those who aspire to nutritionally support the optimal structure and function of:

- Joint Mobility & Bone Density*
- Skin, Hair & Nail Health*
- Sexual & Hormonal Health*
- Heart Health*
- Healthy Cholesterol Levels*
- Healthy Blood Glucose*
- Eye Health – Visual Acuity*
- Energy & Endurance*
- Mental Health, Wellness and Acuity*

Five Layer Oxidation Protection System

guarantees the freshest and most nutritious fish oil:

- 1. Proprietary Fresh Catch® Processing Technology** ensures that oil is free from the damaging effects of heat, light and oxygen.
- 2. Black Opaque Bottles** suppress light-induced oxidation.
- 3. Nitrogen Flushed Bottles** suppress oxygen-induced oxidation.
- 4. FreshLok® Anti-Oxidant Protection** suppresses peroxide-induced oxidation.
- 5. Recommended Refrigeration** suppresses heat-induced oxidation.

* 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.

THE BARLEAN'S FAMILY FISHING HERITAGE

For three generations, my family has created a legacy of providing the country with the freshest, best tasting and most nutritious fish available. My father, Dave Barlean, revolutionized commercial fishing when he adapted the ancient tradition of Indian reef net fishing to our family-owned fishery. This method allows us to capture a select variety of fish, while harmlessly freeing endangered species. The result is the Barlean's Reef Net brand of fresh fish.

We have now extended our fishing legacy to include Barlean's Fresh Catch® Fish Oils. Just like Barlean's fresh-from-the-net seafood, our care, dedication and commitment ensures unsurpassed freshness, purity, optimal nutrition and great taste for your vibrant health.

From Our Family to Yours *Bruce Barlean*

Supplement Facts

Serving Size 1 Tsp. (5 ml)	
Servings per Container 47	
Amount Per Serving	
Calories 45	Calories from Fat 45
% Daily Value*	
Total Fat 4.9 g	8%
Saturated Fat 1.5 g	8%
Cholesterol 15 mg	5%
Polyunsaturated Fat 1.6 g	†
Monounsaturated Fat 1.8 g	†
Vitamin A 950-2450 IU	19-49%
Vitamin D 20-195 IU	1-48%
Vitamin E Natural 5 IU (d-alpha Tocopherol)	16%
Omega-3 Polyunsaturated Fat	
Eicosapentaenoic Acid (EPA) 460 mg	†
Docosahexaenoic Acid (DHA) 660 mg	†
Alpha-Linolenic Acid (LNA) 40 mg	†
Other Omega-3 Fatty Acids 304 mg	†
Omega-6 Polyunsaturated Fat	
Linoleic Acid (LA) 83 mg	†
Other Omega-6 Fatty Acids 69 mg	†
Omega-9 Monounsaturated Fat	
Oleic Acid 775 mg	†
Other Monounsaturated Fatty Acids 1034 mg	†
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	
† Daily Value not established.	

Liquid

INGREDIENTS: Pure & pristine, molecularly distilled, pharmaceutical grade cod liver oil harvested from deep-sea, cold water Icelandic cod, infused with natural lemonade flavoring. FreshLok antioxidant blend consisting of rosemary extract, Ascorbyl Palmitate and d-alpha Tocopherol to ensure freshness.

SUGGESTED USE:

SHAKE WELL prior to dispensing. One teaspoon daily with a meal. Refrigeration suggested. A cloudy appearance due to refrigeration is natural.

100% GUARANTEED We're so confident that Barlean's will bring you the results you expect, we offer a 100% guarantee on all our products.

COD LIVER OIL LIQUID 8 OZ.



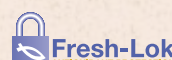
Pharmaceutical
GRADE



Molecularly Distilled
ULTRA-PURIFIED



Physician
Recommended



For more information
please contact:

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Lit 155