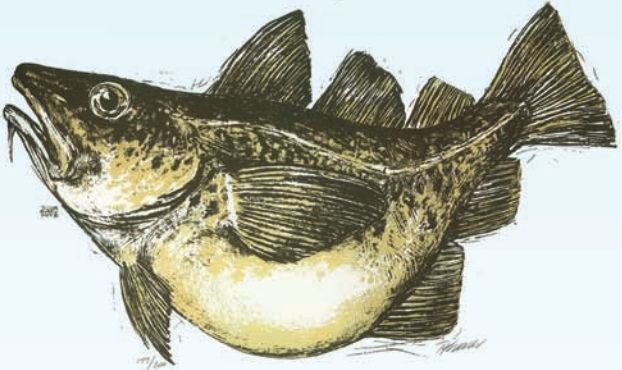




AUTHENTIC COD LIVER OIL

from Norway



NORDIC NATURALS





RAISING THE BAR WITH VERTICAL INTEGRATION

The industry-leading quality of our Arctic Cod Liver Oil™ is made possible by vertical integration. What this means is that we have complete quality control over every step of production, from boat to bottle—enabling us to deliver a finished product that surpasses the strictest international standards for purity and freshness while also maintaining a competitive price. Here's how we do it:

Exclusive Relationships with Independent Fishermen

A great finished product starts with the best raw material: 100% wild Arctic cod sourced from the Norwegian Sea. Thanks to our exclusive relationships with smaller boats and independent fishermen, rather than larger trawling vessels that spend much longer at sea, we are able to maintain optimal raw material quality as well as sustainable fishing practices.

Minimized Transportation Time

Since our processing facility is located right next to the harbor in Arctic Norway, transportation time is kept to an absolute minimum. Just a few short hours after being caught, the Arctic cod are immediately processed. Thanks to the short amount of time from catch to processing, as well as the patented processing method itself, we have been able to improve the freshness of our fish oil even more.

Oxygen-Free Manufacturing and Bottling

We use a nitrogen-only environment to avoid exposure to oxygen at every stage of manufacturing—beginning immediately after catch. The importance of this cannot be overstated: only by using nitrogen can fish oil be protected from the oxidative rancidity that leads to fishy smell and taste as well as free radical formation in the body.



NOT ALL COD LIVER OILS ARE MADE FROM COD

The Norwegian Medicinal Standard (NMS) for cod liver oil was written over 100 years ago, when cod liver oil was often in short supply due to seasonal migrations and harsh weather conditions.

As a result, other fish such as pollock and haddock were used in place of cod, and they became included in the NMS. Because pollock and haddock do not contain the rich levels of omega-3 fatty acids or vitamins A and D that Arctic cod do, it became common practice to add synthetic vitamins to “standardize” the oil as cod liver oil.

Even today, many products labeled as cod liver oil are not made exclusively from Arctic cod.

Nordic Naturals 100% Arctic Cod Liver Oil

Our Arctic Cod Liver Oil has always been derived from 100% wild Arctic cod sourced from Norwegian waters—no other fish oil or synthetic additives are ever used. Every batch is third-party tested to guarantee that it surpasses all national and international standards for freshness and purity. Taste the difference.

*Pure health
has never
tasted so good!*



WHY NORDIC NATURALS

Unsurpassed Purity

Our cod liver oil is molecularly distilled using a gentle, patented manufacturing process to guarantee purity while preserving the integrity of the oil. Because federal fish oil quality standards do not exist in the United States, we adhere to, and surpass, the stringent European Pharmacopoeia Standard (EPS) as well as voluntary standards set by the Council for Responsible Nutrition (CRN) and the Global Organization for EPA and DHA Omega-3 (GOED). These standards guarantee purity and safety by setting maximum allowances on environmental toxins. Every batch of oil used in our products is independently tested to guarantee that it not only complies with these standards, but also far surpasses them.

Revolutionary Freshness

Freshness may be the single most important quality to look for when choosing fish oil. It ensures a pleasant smell, no fishy taste, and protection from harmful free radicals. When exposed to oxygen, fish oil easily becomes rancid, producing molecules called peroxides and anisidines. Our patented, oxygen-free manufacturing environment allows us to deliver oil with exceptionally low peroxide and anisidine levels. This means an unrivaled freshness you can taste!

Great Taste

Exceptional freshness and purity equals great taste. Our proprietary oxygen-free processing ensures a fish oil with a clean, natural taste. And our patented, 100% natural fruit flavorings deliver cod liver oil products the whole family will enjoy. Pure health has never tasted so good.

Environmental Responsibility

Our Arctic Cod Liver Oil is made from 100% wild Arctic cod (Skrei), from the Norwegian Sea. Whereas other nations exclusively use bottom trawlers, the Norwegian wild Arctic cod fishery also uses net and line fishing methods, which prevent seafloor damage and protect ecosystems.

LEARN MORE: planetnordic.com



*Certificates of Analysis are
available upon request*



RESEARCH-BACKED BENEFITS OF COD LIVER OIL

For Mothers and Infants

- The omega-3 fatty acids found in cod liver oil are essential for proper brain, eye, and nervous system development in infants.* In utero, developing babies depend on their mothers for supply.^{1,2}
- Supplementing with cod liver oil increases the levels of omega-3s in mothers and their breast milk.^{3*}
- Moms who consume cod liver oil during pregnancy have healthier pregnancies.^{4,5*}
- Cod liver oil provides mood and nervous system support for mothers.^{6*}

For Child Development

- Cod liver oil given to young children supports immune function, and research suggests it promotes better health in adulthood.^{7-9*}

For Adults

- The omega-3s in cod liver oil are essential fatty acids that must be absorbed through the diet or supplementation. Research shows that fish oil is the best source of these essential nutrients.^{10,11}
- Omega-3s support the body's natural anti-inflammatory response, promoting joint mobility, flexibility, and comfort.^{12*}
- Omega-3s support mental health and brain function in all stages of life.^{13*}
- Omega-3s support overall cardiovascular health and function.* There is more scientific evidence behind the cardiovascular benefits of omega-3s than any other nutritional supplement.¹⁴

*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.



*At Nordic Naturals we believe that
omega oils are essential to life.
By correcting the global omega-3
deficiency, we give each generation what
they need to grow healthy and strong.
Through science and innovation, we
are committed to delivering the world's
safest, most effective omega oils.*

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111 Jennings Drive, Watsonville, CA 95076
800.662.2544 | nordicnaturals.com

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Mkt-RL570_0112