



# Omega-3 Cod Liver Oil Emulsion

Mountain High Organics new smooth & creamy Cod Liver Oil Emulsion has the look, texture and taste of a delicious lemon smoothie, while providing optimal levels of healthy omega-3 essential fatty acids. The smooth & creamy Cod Liver Oil Emulsion provides better organoleptic properties (taste, smell, and mouthfeel), while maintaining the health benefits, bioavailability, and ease of absorption of the essential fatty acids.

## Cod Liver Oil Emulsion:

- Available in a great tasting, easy to consume natural lemon flavor
- Smoothie type texture & taste
- Made with naturally distilled Cod Liver Oil
- Rich in Omega-3s:
  - Omega-3 Fatty Acids: 800 mg/serving
  - Docosahexaenoic Acid (DHA): 400 mg/serving
  - Eicosapentaenoic Acid (EPA): 300 mg/serving
- Cod Liver Oil is a natural source of Vitamin D
- One serving (1 tablespoon) provides daily recommended doses of EPA, DHA, & Vitamin D
- Provides 1000 IU of Vitamin D per serving
- Higher bioavailability compared to softgel capsules and pure oil.\*

\* 3x higher bioavailability

## Cod Liver Oil Emulsion nutritionally supports:

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

*\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*



## Standard Specifications:

**Active Ingredients:** Cod liver oil, Vitamin D

**Other Ingredients:** Deionized water, xylitol, glycerol, natural lemon flavor, lecithin, citric acid, gum arabic, guar gum, xanthan gum, antioxidant blend (rosemary extract, ascorbyl palmitate, mixed tocopherols, citric acid), sorbic acid, vanillin crystals, tumeric extract as colorant

**Suggested Use:** *SHAKE WELL* prior to use. Take 1 tbsp. (15 g) daily. Can be taken straight or mixed into juice, yogurt or blended beverages.

*Refrigerate after opening.*

### Product Statements:

Product of Canada

Mountain High Organics will guarantee quality/stability of finished product for 13 months from date of manufacture provided the bottle is properly sealed and the product is stored at temperatures between 15-30° C (59-86° F) and a humidity of < 50%.

### Fatty Acid Claims per gram (mg/g):

Fatty Acid	Claim	Tolerance
Eicosapentaenoic Acid (EPA)	300 mg	240 mg - 360 mg
Docosahexaenoic Acid (DHA)	400 mg	320 mg - 480 mg

*\*natural variation is expected for active claims*

### Active Ingredient (per serving):

Active	Claim
Cod Liver Oil	3450 mg
Vitamin D	1000 IU

### This Product is Free From:

Artificial Color, Artificial Flavour, Corn, Gluten (wheat), Lactose (dairy), Yeast, Sugar, Tree Nuts, Peanuts, Sesame, Eggs, Crustacean Shellfish, Sodium

### This Product Contains:

Soy<sup>1</sup>, Fish<sup>2</sup>, Animal Derivatives<sup>2</sup>, Preservatives<sup>3</sup>

1. Contains lecithin derived from soy.
2. This product contains fish oil (cod liver oil)
3. Sorbic Acid

## Supplement Facts

Serving Size 1 Tablespoon (15g)  
Servings Per Container 16

Amount Per Serving

**Calories 50**      Calories from Fat 45

% Daily Value\*

<b>Total Fat</b> 3.5 g	5%
Saturated Fat 1 g	4%
Trans Fat 0 g	0%
Polyunsaturated Fat 1 g	†
Monosaturated Fat 1 g	†
<b>Cholesterol</b> 18 mg	6%
<b>Sodium</b> 0 mg	0%
<b>Total Carbohydrate</b> 3 g	1%
Sugars 0 g	†
Xylitol 3 g	†

Iron 0%

Calcium 0%

Vitamin A 3400 IU 70%

Vitamin D 1000 IU 250%

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

† Daily Value not established

### Typical Fatty Acid Profile per Serving:

Total Omega-3 PUFA	800 mg
Eicosapentaenoic Acid (EPA)	300 mg
Docosahexaenoic Acid (DHA)	400 mg
Total Omega-9 PUFA	650 mg



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