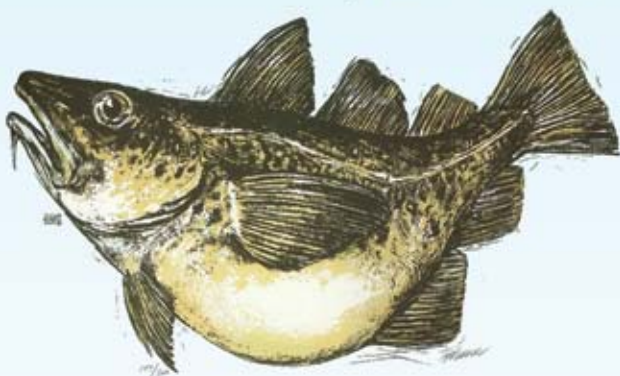




AUTHENTIC COD LIVER OIL

from Norway



**NORDIC[®]
NATURALS** 

Pure and Great Tasting Omega Oils[®]



RAISING THE BAR WITH VERTICAL INTEGRATION

The industry-leading quality of our Arctic Cod Liver Oil is made possible by our 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. 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 nitrogen 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 to free radical formation in the body.



NOT ALL COD LIVER OILS ARE MADE FROM COD LIVERS

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 liver does, 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 from cod livers, and very few cod liver oil products are made exclusively from Arctic cod.

Nordic Naturals 100% Arctic Cod Liver Oil

Our Arctic Cod Liver Oil has always been derived from 100% Arctic cod livers sourced from Norwegian waters—no fish body oils 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 products are molecularly distilled, using a gentle, patented manufacturing process to guarantee purity while preserving the integrity of the oil. Because governmental fish oil quality standards do not exist in the United States, we adhere to and surpass the stringent Norwegian Medicinal Standard (NMS) and European Pharmacopoeia Standard (EPS) as well as the 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 thus your safety—by setting maximum allowances on environmental toxins. Every batch of our oils is third-party tested to guarantee that they not only comply with these standards, but also far surpass them.

Revolutionary Freshness

Freshness may be the single most important quality to look for when choosing a cod liver oil. It ensures a pleasant smell, no fishy taste, and protection from harmful free radicals. When exposed to oxygen, cod liver oils easily become rancid, producing molecules called peroxides and anisidines. Our patented, oxygen-free manufacturing environment allows us to deliver oils 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 repeat-free fish oil with a clean, natural taste. And our patented, 100% natural fruit flavorings deliver cod liver oil the whole family will enjoy. Pure health has never tasted so good.

Environmental Responsibility

Our Arctic Cod Liver Oil is made with 100% wild-caught Arctic Cod (Skrei), from the Norwegian Sea. Whereas other nations 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 their infants

- The omega-3 fatty acids found in cod liver oil are essential for proper brain, eye, and nervous system development in infants; 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 milk³.
- Moms who consume cod liver oil during pregnancy have healthier pregnancies^{4,5}.
- Cod liver oil provides mood and nerve support for mothers⁶.

For child development

- Cod liver oil given to young children supports immune function, and research suggests it promotes better health in adulthood⁷⁻⁹.

For adults

- The omega-3s in cod liver oil are essential fatty acids that must be absorbed through the diet or supplementation. Research shows 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 comfort¹².
- Omega-3s support mental health and brain function in all stages of life¹³.
- Omega-3s support overall cardiovascular health and function. There is more scientific evidence behind the cardiovascular benefits of omega-3s than any other nutritional supplement¹⁴.

*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.



Nordic Naturals' mission is to deliver pure and great-tasting omega fish oils that promote optimal health and wellness. Through science, education, and community outreach, we initiate standards of excellence and integrity that apply not only to our product line but to all of our business practices worldwide. As an industry leader and innovator, Nordic Naturals strives to lead individuals to a better quality of life while maintaining a deep respect for the environment.

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