

NUTRITIONAL COMPOSITION



SINCE 1743

COD LIVER OIL EP, BP, USP

Nutrient (per 100 g of oil)	Content
Calories (kcal)	900
Total fat (g)	100
Saturated fatty acids (g)	23 *
Mono unsaturated fatty acids (g)	47 *
Poly unsaturated fatty acids (g)	23 *
Total Omega 3 fatty acids (g)	20 *
Cholestrol (mg)	570 *
Sodium	0
Potassium	0
Iron	0
Magnesium	0
Calcium	0
Total Carbohydrate	0
Protein	0
Vitamin A (iu/g)	min. 1000
Vitamin D3 (iu/g)	min. 100

- Values from the literature (USDA National Nutrient Database for Standard Reference Release 27)