**FRONT LABEL**

Cod Liver Oil 1000mg

**HIGH OMEGA-3 FATTY ACIDS**

* DHA contributes to maintenance of normal brain function\*
* DHA contributes to the maintenance of normal vision.\*
* EPA and DHA contribute to the normal function of the heart.\*

Food Supplement

1000mg x 90 Soft Gel Capsules

**BACK LABEL**

**Directions:**

Adults, take 1-3 soft gels daily with food and water.  
Do not exceed recommended daily dose.

* Brain function: The beneficial effect is obtained with a daily intake of 250 mg of DHA (3 softgels).
* Vision: The beneficial effect is obtained with a daily intake of 250 mg of DHA (3 softgels).
* Heart: The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA (2 softgels).

**Product Information:**   
1 softgel typically provides

Cod Liver Oil 1000mg  
*DHA 100mg*

*EPA 80mg*

Vitamin A 800µg RE (100% NRV)

Vitamin D3 5µg (100% NRV)

\*NRV = Nutrient Reference Value

**Ingredients:**

Cod (**Fish**) Liver Oil, Capsule Shell (Carrageenan, Modified Starch, Glycerine), Vitamin A as acetate, Antioxidant: Vitamin E as dl alpha tocopherol acetate, Vitamin D as cholecalciferol.

**Allergy Advice**: Please find allergens marked in **bold** in the ingredients list. Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not suitable for pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children. Not suitable for vegetarians or vegans.

**Best Before:**

For best before end and batch number see base.

Packed in the United Kingdom for:

Troo Health Care, Unit 23 Morses Lane, Brightlingsea, Colchester, Essex, CO7 0SQ

Tel: 0845 122 2102

www.troohealthcare.com

**Please give files following file names:**

Front Label: PL-304$front

Back Label: PL-304$back

**Label Size**

970px x 1655px at 300DPI (that's 84mm x 140mm)

**Presentation of mandatory particulars:**

**Positioning/legibility**

Mandatory food information\* must be marked in a conspicuous place in such a way as to be easily visible, clearly legible and indelible and must not in any way be hidden, obscured, detracted from or interrupted by any other written or pictorial manner of any other intervening material.

**Print size**

The mandatory particulars\* must be printed on the label/package in such a way as to ensure clear legibility, in characters using a font size where the x-height (as defined in the Regulation – see Annex) is equal to or greater than 1.2 mm.

For packaging or containers the largest surface of which has an area of less than 80 cm2, the x-height of the font size shall be equal to or greater than 0.9 mm.

[See EC Q & A point 2.3.1. in regards to definition of ‘largest surface area’]

Best practice recommendation is for the product description [indication of name/category of characterising nutrients or other substances with a nutritional or physiological effect, as required by the Food Supplements Regulations] to comply with the minimum font size requirement.

**Field of Vision**

The name (Food Supplement) and net quantity must appear in the same field of vision; this contrasts to current labelling rules which require the name, quantity marking and minimum durability indication to be presented on the label in the same field of vision.

[Field of vision means all the surfaces of a package that can be read from a single viewing point]

**Voluntary food information**

Voluntary food information (this would include health claims, marketing claims/text) can be provided but where given it shall not be displayed to the detriment of the space available for mandatory food information.

**\*Mandatory labelling particulars** [EU FIC Article 9]

 Name of the food [name required by law]

 List of ingredients

 Indication of allergenic ingredients or processing aids, or those derived from allergens

 The quantity of certain ingredients or categories of ingredients (QUID) [*not applicable to food supplements]*

 The net quantity of the food

 The date of minimum durability

 Any special storage conditions and/or conditions of use

 Name or business name and address of the food business operator

 The country of origin or place of provenance

 Instructions for use where it would be difficult to make appropriate use of the food in the absence of such instructions

 With respect to beverages containing more than 1.2% by volume of alcohol the actual alcoholic strength by volume [*not applicable to food supplements]*

 A nutrition declaration [*format prescribed by EU FIC Articles 29-35 not applicable to food supplements; a declaration in the manner indicated by the FSD/FSR is required*]

 Prescribed name is ‘Food Supplement’

 An indication of the names of the categories of nutrients or substances that characterise the product or an indication of the nature of the nutrients/substances

 The portion of the product recommended for daily consumption

 A warning not to exceed the recommended daily intake (or ‘dose’)

 A statement to the effect that food supplements should not be used as a substitute for a varied diet

 A statement to the effect that product is stored out of the reach of young children

 A declaration of the amount of the nutrients or substances with a nutritional or physiological effect which are provided by the recommended daily intake of the product; the units for the declaration of the vitamins and minerals must be those specified

 An indication of the percentage reference intake value for vitamins and minerals

 Containing sweeteners

 Containing glycyrrhizinic acid or its ammonium salt

Version Control:

|  |  |  |  |
| --- | --- | --- | --- |
| **Version** | **Date** | **Change** | **Author:** |
| V1 | Pre Aug 18 |  | JN |
| V2 | 05.10.18 | Review | KA |
| V3 | 29.08.19 | Change to packed in the UK | KA |
| V4 | 14.04.20 | Allergen Statement | JN |