Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

For presentation to the UK market.

**FRONT LABEL**

Cod Liver Oil 1000mg (If using different product name take care not to breach legislation with particular regards to claims)

Product description of clients’ choice in line with legislation

**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.\*

Claims (Can appear anywhere on pack). You should include at least one approved health claim on pack as this helps to justify more generic claims such as ‘healthy’.

You can search for other Nutrition & Health Claims approved for use in the UK here <https://www.gov.uk/government/publications/great-britain-nutrition-and-health-claims-nhc-register?utm_medium=email&utm_campaign=govuk-notifications&utm_source=f8d61ec9-adf6-459d-bdfe-7aa9674beaec&utm_content=weekly>

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:**   
One 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.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice for:

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

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-304$front

Back Label: PL-304$back

**Label Size**

970px x 1655px at 600DPI (that's 84mm x 140mm)