

Cod Liver Oil 1000mg

(with 280mg of Omega 3s)

Presentation

A soft capsule.

Each capsule delivers:

Pure Cod Liver Oil and Fish Oil Concentrate	1000mg
providing Omega 3	280mg
of which:	
Eicosapentaenoic Acid (EPA)	144mg
Docosahexaenoic Acid (DHA)	107mg
Vitamin A*	800µg
Vitamin D3*	10µg
Vitamin E	10mg

Encapsulated with:

Capsule Shell (Gelatin (Bovine), Glycerin).

*With Antioxidant: dl alpha Tocopherol.

Disintegration time: Less than 30 minutes.

quantity

180

type

capsules

code

8554



Uses

The most beneficial ingredients of this Cod Liver Oil are the two fatty acids, EPA and DHA. These are omega 3 fatty acids, which are important in:

- The maintenance of a healthy heart
- In helping to maintain joint mobility
- Maintaining healthy skin

Whilst we can make EPA and DHA in our body from the conversion of the Alpha-Linolenic Acid, (the parent fatty acid of the omega-3 family), nutritionists believe that this process may not always be very efficient. Increasingly few people consume oily fish regularly and so a supplement that provides pre-formed EPA and DHA may be useful.

In terms of the EPA and DHA content this product is one of the strongest cod liver oils available, and offers the added benefit of providing relevant levels of Vitamins A, D and E. Our capsules contain a full 100% of the NRV for vitamin A and 200% of the NRV for vitamin D which is vital for healthy bones and teeth. Plus vitamin E which contributes to the protection of cell constituents from oxidative damage.

For situations requiring supplementation with high levels of omega 3s we recommend Pure Fish Oil 1100mg or Omega 3 Ultra.

Usage and administration

1 capsule daily.

Allergen advice

Contains fish.

Cautions

Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Fish Oil. Please see page 194.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

