

Cod Liver Oil 10 Minims

During Canada's long winter months, Nature's Harmony® Cod Liver Oil provides an excellent source of vitamins A and D, two vitamins known to be crucial for healthy development. The softgel capsule form is designed for those individuals who cannot tolerate swallowing cod liver oil liquid.

PRODUCT CODE: 400435

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps in the normal development of bones and teeth. Helps to maintain eyesight, skin membranes and immune function. A factor in the maintenance of good health.	Softgel capsule	<i>Children 4 to 8 years:</i> Take 2 softgels daily. <i>Children 9 to 13 years:</i> Take 2 to 4 softgels daily. <i>Adults and children 14 years and over:</i> Take 3 to 7 softgels daily.

DESCRIPTION:

Nature's Harmony® Cod Liver Oil provides 1,250 IU of vitamin A and 100 IU of vitamin D per capsule, and the oil is tested to ensure the quantity and quality of its vitamin A and D content.

Supplementing with cod liver oil may have positive effects on Crohn's Disease, arthritis, inflammatory and respiratory conditions and skin disorders. It may slow the progression of arteriosclerosis and coronary heart disease, and is necessary for the proper development of the brain (including intelligence) and nervous system (including visual development) in fetuses, infants and children.

Recommended Daily Allowance: Vitamin A: 700 mcg; vitamin D: 200 IU or 5 mcg.

Food Sources: Vitamin A from calf's liver, dairy products and egg yolks, foods rich in beta carotene; vitamin D from fish, liver, dairy and eggs.

Causes of Deficiency: Poor diet, limited exposure to sunlight.

Symptoms of Deficiency: Improper development, joint problems, heart disease, seasonal affective disorder.

Complementary Nutrients: Evening Primrose Oil.

HOW IT WORKS:

Vitamin A

Vitamin A is important in the development and differentiation of white blood cells, such as lymphocytes, which play critical roles in the immune response. It supports proper growth and development and immune system function and is needed for healthy hair, nails and skin as well.

Vitamin D

Vitamin D enhances the immune system by stimulating the activity of macrophages (immune cells that act as scavengers engulfing dead cells, foreign substances and other debris). It is crucial for bone development. It improves absorption of calcium and phosphorus and helps prevent osteoporosis. Canada's long, dark winter causes many Canadians to be vitamin D deficient; for this reason, vitamin D is also known as "The Sunshine Vitamin," since it is formed in the body by the action of the sun's ultraviolet rays on the skin.

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RESEARCH:

There have been several preliminary studies that suggest supplementing with cod liver oil can benefit arthritis, osteoarthritis and atherosclerosis. Research has shown vitamins A and D to be supportive in the body's immune system functioning.

SIDE EFFECTS:

Cod liver oil is generally well tolerated, although sensitive individuals may react with gastrointestinal upset.

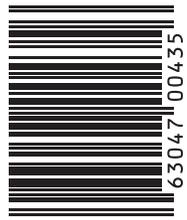
INTERACTIONS AND SAFETY CONSIDERATIONS:

Pregnant and breastfeeding women, and patients on blood-thinning medication, should consult a health care practitioner before use. Cod liver oil can reduce blood pressure and increase bleeding time; therefore, it should not be taken concomitantly with blood thinners. Do not exceed the recommended dose as excess vitamin A and vitamin D can be harmful to your health.

OTHER CONSIDERATIONS:

Cod liver oil supplements may suppress the production of the enzyme responsible for the conversion of alpha-linolenic acid (LNA) to gamma-linolenic acid (GLA). As such, consider supplementing with GLA if you are using cod liver oil.

LABEL:

 <p>Huile de foie de morue 10 minimes Soutien du système immunitaire Soutien de la vision 60 gélules</p>	<p>Usage recommandé: Aide au développement et au maintien normaux des os et des dents. Aide au maintien de la vue, des membranes de la peau et des fonctions immunitaires. Un facteur dans le maintien d'une bonne santé.</p> <p>Dose recommandée: Enfants de 4 à 8 ans: Prendre 2 gélules par jour. Enfants de 9 à 13 ans: Prendre 2 à 4 gélules par jour. Adultes et enfants âgés des 14 et plus: Prendre 3 à 7 gélules par jour.</p> <p>Ingédients médicinaux: Chaque gélule contient: Vitamine A (d'huile de foie de morue* et de palmitate de vitamine A)..... 375 mcg EAR/1250 UI Vitamine D (d'huile de foie de morue*)...2,5 mcg/100 UI * de 550 mg d'huile de foie de morue (Gadidae)</p> <p>Ingédients non médicinaux: glycérine, gélatine. Ce produit ne contient pas de maïs, gluten, ou colorants ou arômes artificiels.</p> <p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE PORTEE DES ENFANTS.</p>	<p>Recommended Use: Helps in the normal development and maintenance of bones and teeth. Helps to maintain eyesight, skin membranes and immune function. A factor in the maintenance of good health.</p> <p>Recommended Dose: Children 4 to 8 years: Take 2 softgels daily. Children 9 to 13 years: Take 2 to 4 softgels daily. Adults and children 14 years and over: Take 3 to 7 softgels daily.</p> <p>Medicinal Ingredients: Each softgel contains: Vitamin A (from cod liver oil* and vitamin A palmitate)..... 375 mcg RAE/1250 IU Vitamin D (from cod liver oil*).....2.5 mcg/100 IU * from 550 mg Cod Liver Oil (Gadidae)</p> <p>Non-medicinal Ingredients: Glycerin, gelatin. This product does not contain corn, gluten, or artificial colours or flavours.</p> <p>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	 <p>Cod Liver Oil 10 Minims Immune System Support Vision Support 60 Softgels</p> <p>Actual Size Grandeur réelle DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ. www.naturesharmony.com 1-877-928-2548</p> <p>SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2K3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p>  <p>63047100435 6</p> <p>400435-01-304</p>
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DID YOU KNOW...

Cod Liver Oil was long used as a preventive and cure for rickets in Baltic and Scandinavian countries, where fish is a dietary staple. However, it was not until the 1920s that doctors in the United States finally recognized its therapeutic usefulness.