



# Norwegian Cod Liver Oil Plain

*During Canada's long winter months, Nature's Harmony® Norwegian Cod Liver Oil provides an excellent source of vitamins A and D, two vitamins known to be crucial for healthy development.*

PRODUCT CODE: 400176

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Source of Vitamins A and D to help maintain good health and help in the normal development and maintenance of bones and teeth. Source of Vitamin D to help in the absorption and use of calcium and phosphorus. Source of Vitamin A to help prevent Vitamin A deficiency and help to maintain eyesight, skin, membranes and immune function.	Liquid (500 mL light-resistant bottle)	Take 1 teaspoon per day with meals.

## DESCRIPTION:

Nature's Harmony® Norwegian Cod Liver Oil provides nearly 4,000 IU of vitamin A and 392 IU of vitamin D per teaspoon. Cod liver oil produced in Norway is the finest in the world, with each batch adhering to rigid quality control standards set by the Norwegian government. 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; 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.



## DID YOU KNOW...

*Many people don't get enough sun exposure even in warm weather months, meaning their vitamin D levels may still be too low in summer; therefore, they would benefit from cod liver oil even in warm-weather months.*

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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.

## OTHER CONSIDERATIONS:

Keep cod liver oil sealed tightly and stored at room temperature to avoid oxidation caused by light and air. This product should be used within three months of opening.

## LABEL:

### Usage recommandé:

- Source de vitamines A et D pour aider à maintenir une bonne santé et aider au développement et au maintien normaux des os et des dents.
- Source de vitamine D pour aider à l'absorption et à l'utilisation du calcium et du phosphore.
- Source de vitamine A pour aider à prévenir une déficience en vitamine A et pour aider à maintenir la vision, la peau, les membranes et la fonction immunitaire.

**Dose recommandée (adultes):** Prendre 5 ml (1 cuillère à thé) par jour.

### Ingrédients médicinaux:

Chaque portion de 5 ml (1 cuillère à thé) contient:

Vitamine A  
(provenant d'huile de foie de morue et de palmitate de vitamine A) ..... 3920 UI/1177 mcg EAR

Vitamine D3  
(provenant d'huile de foie de morue et de cholecalciférol) ..... 392 UI/9,8 mcg

Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, crustacés, soya, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels.

NOTE: À utiliser dans les trois mois après ouverture.

DO NOT USE IF SAFETY SEAL IS BROKEN. DO NOT REFRIGERATE. KEEP AT ROOM TEMPERATURE IN A DARK DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ. NE PAS RÉFRIGÉRER. CONSERVER À LA TEMPÉRATURE AMBIANTE DANS UN ENDROIT SOMBRE ET SEC. GARDER HORS DE LA PORTÉE DES ENFANTS.



SunOpta Inc.  
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A Proud Canadian Company  
Une compagnie canadienne fière de l'être.



## Norwegian Cod Liver Oil Huile de foie de morue de Norvège

Helps Maintain Skin  
and Immune Function

Aide au maintien de la peau  
et des fonctions immunitaires

500 mL

### Recommended Use:

- Source of Vitamins A and D to help maintain good health and help in the normal development and maintenance of bones and teeth.
- Source of Vitamin D to help in the absorption and use of calcium and phosphorus.
- Source of Vitamin A to help prevent Vitamin A deficiency and help to maintain eyesight, skin, membranes and immune function.

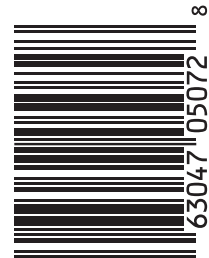
**Recommended Dose (Adults):** Take 5 mL (1 teaspoon) daily.

### Medicinal Ingredients:

Each 5 mL (1 teaspoon) contains:  
Vitamin A  
(from cod liver oil and vitamin A palmitate) ..... 3920 IU/1177 mcg RAE  
Vitamin D3  
(from cod liver oil and cholecalciferol) ..... 392 IU/9.8 mcg

This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat, or artificial colours, flavours or preservatives.

NOTE: Use within three months after opening.



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