

Precautions During Pregnancy

Taking more than 4mL of Cod Liver Oil (2,500IU of Vitamin A) per day during pregnancy may cause birth defects.

Because of the importance of brain development in the unborn child, pregnant women should therefore consume a minimal dose of Cod Liver Oil (4mL), as directed, or consume Fish Oil obtained from the body of the fish which has minimal Vitamin A.

Fatty Acid Profile

				per 4mL dose
EPA	8-9%	EPA Omega-3	333mg	
DHA	9-11%	DHA Omega-3	407mg	
Other unsaturated fats	15%	Other Omega-3 fats	26mg	
Monounsaturated	51%	Monounsaturated	1887mg	
Saturated fats	15%	Saturated fats	518mg	
		Vitamin A	2,500IU 750mcg	
		Vitamin D3	320IU 8mcg	

Damaging Effects of Light

The Omega-3 fatty acids in Cod Liver Oil are sensitive to light and are easily oxidised, resulting in rancidity.

Amber glass bottles are not sufficiently opaque to prevent the passage of light. It is essential to eliminate all light by packaging the amber bottle in a light-opaque carton.

Pack Sizes

200mL Code OIL 049
500mL Code OIL 052 in light opaque cartons

**USE ONLY AS DIRECTED.
IF SYMPTOMS PERSIST, CONSULT YOUR
HEALTHCARE PROFESSIONAL**

CHC 33039-03/11

OIL B01

melrose

Cod Liver Oil



Ocean Nutrition from
the Pristine Arctic Waters off
the coast of Norway

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Cod Liver Oil

Many years ago in the fishing villages of Norway and Greenland, older generations were fond of telling stories of the 'daily dose' of Cod Liver oil.

More research in the 1950s, on the benefits of Cod Liver oil revealed the presence of Vitamins A&D and Omega-3 fatty acids EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid). This led to the modern view that these vitamins and fatty acids are an essential part of our diet.

Norwegian Cod Liver Oil

The fishing grounds for the cod from which our Cod Liver oil is produced are the deep cold pristine Arctic waters off the coast of Norway.

The fishermen remove and freeze the cod livers prior to delivery to the on-shore processors. The livers are then steam distilled to remove the oil. Further purification by a low temperature high vacuum process known as molecular distillation, produces an exceptionally clean oil.

Vitamins A & D

Cod Liver oil is a natural source of Vitamin A and Vitamin D.

Cod Liver oil is especially recommended where people refuse vegetables such as broccoli and carrots and as a consequence deprive themselves of readily available natural sources of Vitamin A.

In the body, Vitamin A is essential for the formation of visual purple (for night vision) and for bone and cellular growth.

Bones and Teeth

Vitamin D is associated with Calcium absorption and the healthy development of bones and teeth.

Bones and teeth require Vitamin D to activate the absorption and utilization of Calcium to maintain skeletal growth and strength.

Cod Liver oil is especially recommended where people are not sufficiently exposed to sunlight enabling the natural production of Vitamin D in the skin.

Because Cod Liver oil is such a good source of these fat-soluble vitamins, it is of assistance where the dietary intake is inadequate.

Omega-3 EPA and DHA fatty acids

In addition to Vitamins A&D, Cod Liver oil is a natural source of the very long chain fatty acids EPA and DHA.

DHA is used by the body for brain development and visual acuity. It is especially important that pregnant women and breast feeding mothers receive adequate amounts of DHA. Sufficient DHA should be consumed to make use of this benefit.

Adverse effects of table spreads high in polyunsaturated fatty acids

The beneficial effect of the long chain fatty acids in Cod Liver oil appears to be significantly reduced using table spreads high in linoleic (polyunsaturated) oils.

As a general rule, margarines and oils expressly featuring 'polyunsaturated' on the label should be avoided and alternatives substituted.

Pollution

Because the sea is the eventual repository of toxins from the land and air, it is necessary to routinely test for these toxins.

Recent tests have recorded less than 0.2 parts per million for heavy metals such as mercury, lead and cadmium.

