



Cod Liver Oil (lemon flavor)

INTRODUCED 1996

What Is It?

Ultra-pure, molecularly distilled genuine Norwegian cod liver oil provides essential omega-3 fatty acids along with natural vitamin A and D for immune, joint, cardiovascular and emotional health.*

Uses For Cod Liver Oil

Immune Health: Cod liver oil has a long history of traditional use for supporting immune health, primarily attributed to vitamins A and D. Vitamin D receptors are found on most immune cells, including monocytes, T cells and B cells and research suggests that it has an immunomodulatory effect. Additionally, the essential fatty acids in cod liver oil help promote a healthy inflammatory response.*

Promotes Heart Health: EPA and DHA from cod liver oil encourage cardiovascular health by supporting triglyceride and lipid metabolism, maintaining healthy blood flow and promoting healthy platelet function. In addition, studies indicate these essential fatty acids help maintain blood vessel integrity. One study also suggests EPA may moderate protein kinase C, supporting arterial smooth muscle cells.*

Supports Joint Health: Cod liver oil is important for optimal joint function. The essential fatty acids EPA and DHA maintain a healthy inflammatory balance as well as healthy cyclooxygenase and lipoxygenase enzyme activity, providing support for joint comfort and mobility. Cod liver oil also moderates prostaglandin and leukotriene production, supporting healthy connective tissue.*

What Is The Source?

Pure Encapsulations Norwegian, cold-processed cod liver oil is derived from cod. It contains natural vitamin A, vitamin D and essential omega-3 fatty acids also derived

from cod. It has been molecularly distilled and tested for heavy metals, pesticides, PCBs, dioxins and furans, and other contaminants. Natural flavor is derived from lemon.

Recommendations

Pure Encapsulations recommends 1 or more teaspoons per day, with or between meals.

Are There Any Potential Side Effects Or Precautions?

Cod liver oil may cause burping, gastrointestinal upset or indigestion, nausea, diarrhea, or abdominal bloating. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Cod liver oil may be contra-indicated with blood thinning medications. Consult your physician for more information.

Cod Liver Oil (lemon flavor)

each teaspoon (5 ml) provides

calories	40
calories from fat	40
total fat	4.5 g
fish liver oil concentrate (cod)	4,615 mg.
providing (typical):	
vitamin A (naturally occurring)	1750 i.u.
vitamin D (naturally occurring)	180 i.u.
EPA (eicosapentaenoic acid)	320-510 mg.
DHA (docosahexaenoic acid)	460-640 mg.
other ingredients: natural lemon flavor, proprietary antioxidant blend (rosemary extract, ascorbyl palmitate, natural tocopherols)	

1 or more teaspoons per day, with or between meals.

This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

