

Icelandic Cod Liver Oil



PURIFIED COD LIVER OIL • AVAILABLE IN LEMON FLAVOR LIQUID & SOFTGELS

Supplement Facts

Serving Size: One teaspoon (5 ml)
Servings Per Container: 48

	Amount Per Serving	%Daily Value
Calories	40	
Total Fat	4.6 g	9%*
Saturated Fat	0.8 g	5%*
Trans Fat	0 g	**
Polyunsaturated Fat	1.5 g	**
Monounsaturated Fat	2.3 g	**
Vitamin A (as retinyl palmitate)	1500 mcg RAE	167%
Vitamin D3 (as cholecalciferol)	11.5 mcg	58%
Omega-3 Fatty Acids	1081 mg	**
DHA (Docosahexaenoic Acid)	460 mg	**
EPA (Eicosapentaenoic Acid)	345 mg	**
Other Omega-3s	276 mg	**

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

Supplement Facts

Serving Size: 3 Softgels
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Calories	24	
Total Fat	1.8 g	2%
Saturated Fat	0.48 g	2%
Trans Fat	0 g	**
Polyunsaturated Fat	0.9 g	**
Monounsaturated Fat	1.4 g	**
Vitamin A (from cod liver oil)	900 mcg	100%
Vitamin D3 (from cod liver oil)	6.9 mcg	35%
Omega-3 Fatty Acids	645 mg	**
EPA (Eicosapentaenoic Acid)	205 mg	**
DHA (Docosahexaenoic Acid)	275 mg	**
Other Omega-3's	165 mg	**

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

Other ingredients - LIQUID: Purified Icelandic cod liver oil, vitamin A (retinyl palmitate), vitamin D3 (cholecalciferol), vitamin E (d-alpha tocopherol acetate), natural lemon flavor.

SOFTGELS: Gelatin (bovine), glycerin, pure water.

Contains fish (cod). Does not contain gluten.

SUGGESTED USE: 1 TEASPOON OR THREE SOFTGELS PER DAY, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL. REFRIGERATE LIQUID AFTER OPENING.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING.

- Natural triglyceride form, molecularly distilled cod liver oil with vitamins A & D.*
- Rigorously tested to meet international purity standards.*
- High in omega-3 essential fatty acids: brain-supportive DHA and inflammation-modulating EPA.*

Icelandic Cod Liver Oil (Liquid) and Icelandic Cod Liver Oil Capsules offer premium marine source beneficial omega-3 fatty acids plus significant levels of two critical immune supportive vitamins: Vitamin D₃ and Vitamin A.

Our Icelandic Cod Liver Oil is produced from the fresh livers of *Gadus morhua* and purified to meet strict analytic parameters for cod liver oil as established in current USP, British Pharmacopeia and European Pharmacopeia monographs. The liquid is nitrogen flushed during bottling with stabilizing d-alpha tocopherol (vitamin E) added for extended freshness. Naturally occurring and added vitamins A and D₃ offer beneficial antioxidant protection and help to support healthy eyes, bones and immune system function.

Oils contained in the livers of cold water fish have been prized since ancient times for their therapeutic value; historical references date back to Hippocrates. Cod liver oil was traditionally used both topically and internally in Northern Europe as a general preventive, to help ease joint and muscle pain and to help support skin health. It was recognized as a cure for rickets in the early 1800s and helped lead to the discovery of vitamin D a hundred years later.

Originally skimmed from the tops of barrels containing fermenting fish livers soaked in seawater, cod liver oil was first produced industrially by steam extraction around 1853. In the early part of the 20th century, commercial cod liver oil became known as a natural vitamin D source and was instrumental in helping to eradicate rickets in industrialized nations. Many elders recall enduring their mothers administering a daily dose of fishy smelling cod liver oil by teaspoon. Today, advanced processing methods have dramatically improved the product's taste, feel and purity. Moss Nutrition's Icelandic Cod Liver Oil Liquid has a light,

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pleasant lemon flavor. Suitable for all ages, it may be taken plain or added to juices, shakes or smoothies as desired. Patients who prefer the softgel form will appreciate our **Icelandic Cod Liver Oil Capsules**. Each three softgel serving is approximately equivalent to just over half a teaspoon of the liquid.

Both cod liver oil (CLO) and fish body oil are excellent marine-based sources of anti-inflammatory omega-3 fatty acids. The two share many similarities in use and function, differing primarily in terms of vitamin content and relative content of DHA to EPA. Only cod liver oil naturally contains vitamins A and D₃, as both are fat-soluble micronutrients that concentrate in liver tissue.

VITAMIN D, “the sunshine vitamin”, is of course the nutrient that enabled cod liver oil to help wipe out rickets a century ago and is currently recognized for playing critical roles in immune system function, calcium metabolism and emotional wellbeing.

VITAMIN A, an antioxidant required for eye, skin and mucus membrane health, may contribute to the potent liver protective effect exhibited by CLO in animal research. Rats treated with cod liver oil and exposed to carbon tetrachloride have shown a superior hepatic antioxidant response compared to controls. Cod liver oil has also been shown to reduce hepatic damage caused by sodium nitrite, exhibiting a positive influence on inflammatory cytokines, fibrosis mediators and apoptosis markers.

OMEGA-3 FATTY ACIDS in cod liver oil typically present with a higher percentage of omega-3 DHA to EPA when compared to fish oil. While both EPA and DHA exhibit anti-inflammatory properties, DHA alone is the principle omega-3 fatty acid in brain, heart and retinal tissue where it plays important structural and functional roles. CLO has been studied for helping to support healthy cardiovascular, visual and cognitive function in adults and children. In one randomized study, children born to mothers who took cod liver oil during pregnancy and lactation scored higher on an intelligence test at 4 years of age compared with children whose mothers had taken a corn oil placebo. Other benefits to children may include enhanced immune resistance. Frequency of pediatric doctor visits due to upper respiratory illness have been significantly reduced in children taking cod liver oil plus a multivitamin.

In adults, acute consumption of CLO has been associated with improvements in endothelial function and improved joint comfort, reducing the need for NSAIDs. In seniors, regular use of cod liver oil has been associated with healthier blood pressure levels. Other studies suggest CLO may help to significantly decrease levels of both TNF- α and intercellular adhesion molecules, supporting its traditional role in helping to serve as a natural inflammation-modulating agent for people of all ages.

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