

## Cod Liver Oil Capsules 1000 mg

Nutritional supplement with vitamins A and D

**Good to know:** Cod liver oil offers many advantages for your health. In addition to plenty of vitamin A and vitamin D, cod liver oil also contains polyunsaturated fatty acids. The substitution of saturated fatty acids with polyunsaturated fatty acids in the diet supports the maintenance of normal cholesterol levels in the blood.

**Vitamin A** is of great significance for the skin and mucosa, for retaining good vision, for the iron metabolism and for a healthy, vigorous immune system. **Vitamin D** contributes towards the build-up of calcium and phosphorous deposits in bone tissue, and can thus assist in the structure and preservation of sturdy, healthy bones and teeth.

Each capsule contains 1000 mg cod liver oil with 1200 I.U. vitamin A und 120 I.U. vitamin D3.

**Ingredients:** *Cod Liver Oil* (74 %), Gelatine, humectant Glycerine.

	per capsule	per daily dose (3 capsules)	% of NRV recommended daily dose*	per 100 g capsules
Cod Liver Oil	1000 mg	3000 mg	**	74 g
of which fat	1000 mg	3000 mg	—	74 g
of which saturated fatty acids	170 mg	510 mg	—	13 g
unsaturated fatty acids	830 mg	2490 mg	—	61 g
of which monounsaturated fatty acids	532 mg	1596 mg	—	39 g
polyunsaturated fatty acids	298 mg	894 mg	—	22 g
Vitamin A	360 µg RE 1200 I.U.	1080 µg RE 3600 I.U.	135	27 mg
Vitamin D3	3.0 µg 120 I.U.	9.0 µg 360 I.U.	180	221 µg

\*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

\*\* no reference value available yet

**Recommended use:** Swallow 1 capsule 3x daily with plenty of liquid.

Not suitable for pregnant women.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

**Contents 180 capsules = 237 g**

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