



#5 COD LIVER OIL

Our Cod Liver Oil is a rich source of natural vitamin A, vitamin D, and the essential fatty acids: linoleic, linolenic, arachidonic, eicosapentaenoic (EPA), and docosahexaenoic (DHA) acids. These nutrients are critical for normal metabolism, brain and nerve function, and protecting and building the immune system. EPA and DHA are long-chain, omega-3 fatty acids found in cold-water fish and marine mammals that support a healthy cardiovascular system. Nutritionists recommend supplementing the diet with a small amount of cod liver oil, especially during the winter months, to ensure adequate dietary intake of vitamins A and D.*

The use of cod liver oil by humans is a very old practice. It was used by doctors for the first half of the 20th century as a natural source of fat-soluble nutrients, before it was replaced by concentrated, synthetic sources. The famous dentist and nutrition researcher, Dr. Weston A. Price, was able to completely reverse rampant dental carries (and other physical and mental problems) by providing one supplemental meal daily, consisting of whole grains, fruit, vegetable and meat stew, high vitamin butter oil, and cod liver oil (Price, 1939). His study of 14 primitive races throughout the world demonstrated that the fat-soluble nutrients were the most rare and valuable elements of the diet. These same nutrients are essentially depleted from modern civilized diets. Dr. Price wrote, "There is a misapprehension with regard to the possibility that humans may obtain enough of the vitamin D group of activators from our modern plant foods or from sunshine. It will be noted that vitamin D, which the human does not readily synthesize in adequate amounts, must be provided by foods of animal tissues or animal products." A daily dose of Cod Liver Oil will help ensure a proper, natural supply. This is a daily supplement that can benefit everyone!



Supplement Facts

Serving Size: 1 teaspoon (5 ml)
Servings Per Container: 96

	Amount Per Serving	%DV*
Calories	36	
Calories from Fat	36	
Total Fat	4 g	6%
Saturated Fat	1 g	5%
Monounsaturated Fat	2 g	†
Polyunsaturated Fat	1 g	†
EPA	440 mg	†
DHA	440 mg	†
Vitamin A	4,000 IU	80%
Vitamin D	400 IU	100%

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

The only ingredient is 100% pure Norwegian Cod Liver Oil. This product is purified by molecular distillation. We routinely test to ensure this product is free from heavy metals and pesticides.

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Our Cod Liver Oil uses natural Norwegian cod liver oil derived from fish caught in open waters in the North Atlantic Ocean – away from sites of industrial pollution. In order to ensure that our Cod Liver Oil is safe for consumption, we routinely use an independent laboratory to test for heavy metals and environmental contaminants (such as organochlorides).

Vitamin D and calcium are needed together for the proper metabolism of both nutrients. We recommend taking #2 Calphonite™, a highly bioavailable, liquid calcium supplement, with Cod Liver Oil.

Recommended Dosage: 1 teaspoon daily supplies 80% of the RDA for vitamin A and 100% for vitamin D

Directions: Take by the spoonful or mixed with juice.

Contents: 1 Fluid Pint

Literature: “Cod Liver Oil”

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.