

# Cod Liver Oil

## Cod Liver Oil Provides Naturally Occurring Vitamin A, Vitamin D, Omega-3 Fatty Acids, and Coenzyme Q<sub>10</sub>

If almost every cell in your body needs something, you know it's important. Vitamins A and D support a number of vital systems. From your vision to your endocrine system and from your bones to your liver, vitamins A and D in sufficient amounts help keep you active and healthy.

Cod Liver Oil from Standard Process combines rigorous attention to oil handling with a palatable perle design to take the traditional "ew" out of cod liver oil's "good for you" reputation.

### What does Cod Liver Oil contain?

#### Natural Profile of Vitamins A and D

Because our cod liver oil is handled gently, naturally occurring vitamins A and D are preserved. Cod Liver Oil from Standard Process naturally contains multiple vitamin A esters, allowing our Cod Liver Oil to have a similar makeup to the multi-ester presence of vitamin A in foods.

#### Omega-3 Fatty Acids

Along with other omega-3s, Cod Liver Oil naturally contains EPA and DHA.

#### Coenzyme Q<sub>10</sub>

Coenzyme Q<sub>10</sub> is a fat-soluble substance used in the body's energy-generating processes. Standard Process' minimally processed Cod Liver Oil contains coenzyme Q<sub>10</sub> from cod livers. Each serving of Cod Liver Oil contributes a small amount of coenzyme Q<sub>10</sub> to a patient's daily intake.

### How Cod Liver Oil Keeps You Healthy

For centuries, cod liver oil has been used to support health. From the dark of coldest winter to the heat of a blazing summer, modern-day humanity chooses more than ever to stay inside and out of the sun. Recent population studies suggest that for this reason most of us could use supplemental vitamin D. These same studies suggest that less of us may be deficient in vitamin A but that supplemental vitamin A could benefit up to 50 percent of the population of the United States.

In addition to these vitamins, Cod Liver Oil contains omega-3 fatty acids that are strongly associated with good health. According to the United States Food and Drug Administration, supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. EPA and DHA are most studied for their ability to modulate the body's normal response to the natural inflammatory process, their role in triglyceride processing, and their support of blood flow. Other areas of investigation are gut health, lung function, and effect on pathways that contribute to a healthy mood.<sup>†</sup>

*Please copy for your patients.*



Introduced in 2013

#### Content:

180 perles

**Suggested Use:** Three perles per day, or as directed.

#### Supplement Facts:

Serving Size: 3 perles

Servings per Container: 60

	Amount per Serving	%DV
Calories	9	
Calories from Fat	9	
Total Fat	1.0 g	2%*
Vitamin A	1,140 IU	20%
Vitamin D	120 IU	30%
Cod Liver Oil	1,000 mg	
DHA	300 mg	
EPA	210 mg	
Total Omega-3	630 mg	

\*Percent Daily Values (DV) are based on a 2,000-calorie diet.

Other Ingredients: Gelatin, glycerine, water, natural flavor, rosemary extract, ascorbyl palmitate, and natural tocopherols (soy).

**Sold through health care professionals.**

#### Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.



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<sup>†</sup>These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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## What Makes Cod Liver Oil From Standard Process Unique

### Product Attributes

- › Minimal number of processing steps reduces risk for natural vitamin loss
- › Contains naturally occurring vitamin A, vitamin D, and coenzyme Q<sub>10</sub><sup>†</sup>

### Manufacturing and Quality-Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products.

- › Ensures consistent quality and safety

### Vitamin and mineral analyses validate product content and specifications.

- › Assures high-quality essential nutrients are delivered

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Cod Liver Oil.

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