Cod Liver Oil

Cod Liver Oil Provides Naturally Occurring Vitamin A, Vitamin D, Omega-3 Fatty Acids, and Coenzyme Q₁₀

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 Q₁₀**

Coenzyme Q₁₀ is a fat-soluble substance used in the body’s energy-generating processes. Standard Process’ minimally processed Cod Liver Oil contains coenzyme Q₁₀ from cod livers. Each serving of Cod Liver Oil contributes a small amount of coenzyme Q₁₀ 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.†

†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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*Intended only for health care professionals.*

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Sample Content:

**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.*
Cod Liver Oil

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 Q10†

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.

Institute of Medicine. Food and Nutrition Board. 2001 Dietary Reference Intakes for Vitamin A.
Institute of Medicine, Food and Nutrition Board, 2011 Dietary Reference Intakes for Vitamin D.
Net Food Database.