



# Cod Liver Oil 20 Minims

*During Canada's long winter months, Nature's Harmony® Cod Liver Oil provides an excellent source of vitamins A and D, two vitamins known to be crucial for healthy development. The softgel capsule form is designed for those individuals who cannot tolerate swallowing cod liver oil liquid.*

PRODUCT CODE: 400170

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps to maintain eyesight, skin, membranes and immune function. Helps in the development and maintenance of night vision. Helps to prevent vitamin A and vitamin D deficiency. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus.	Softgel	Adults take 1 softgel twice a day with meals.

## DESCRIPTION:

Nature's Harmony® Cod Liver Oil provides 2,500 IU of vitamin A and 200 IU of vitamin D3 per capsule, and the oil is tested to ensure the quantity and quality of its vitamin A and D content.

Supplementing with cod liver oil may have positive effects on Crohn's disease, arthritis, inflammatory and respiratory conditions and skin disorders. It may slow the progression of arteriosclerosis and coronary heart disease, and is necessary for the proper development of the brain (including intelligence) and nervous system (including visual development) in fetuses, infants and children.

**Recommended Daily Allowance:** Vitamin A: 700 mcg; vitamin D: 200 IU or 5 mcg.

**Food Sources:** Vitamin A from calf's liver, dairy products and egg yolks; vitamin D from fish, liver, dairy and eggs.

**Causes of Deficiency:** Poor diet, limited exposure to sunlight.

**Symptoms of Deficiency:** Improper development, joint problems, heart disease, seasonal affective disorder.

**Complementary Nutrients:** Evening Primrose Oil.

## HOW IT WORKS:

### Vitamin A

Vitamin A is important in the development and differentiation of white blood cells, such as lymphocytes, which play critical roles in the immune response. It supports proper growth and development and immune system function and is needed for healthy hair, nails and skin as well.

### Vitamin D

Vitamin D enhances the immune system by stimulating the activity of macrophages (immune cells that act as scavengers engulfing dead cells, foreign substances and other debris). It is crucial for bone development. It improves absorption of calcium and phosphorus and helps prevent osteoporosis. Canada's long, dark winter causes many Canadians to be vitamin D deficient; for this reason, vitamin D is also known as "The Sunshine Vitamin," since it is formed in the body by the action of the sun's ultraviolet rays on the skin.

# Cod Liver Oil 20 Minims

## RESEARCH:

There have been several preliminary studies that suggest supplementing with cod liver oil can benefit arthritis, osteoarthritis and atherosclerosis. Research has shown vitamins A and D to be supportive in the body's immune system functioning.


## SIDE EFFECTS:

Cod liver oil is generally well tolerated, although sensitive individuals may react with gastrointestinal upset.

## OTHER CONSIDERATIONS:

Cod liver oil supplements may suppress the production of the enzyme responsible for the conversion of alpha-linolenic acid (LNA) to gamma-linolenic acid (GLA). As such, consider supplementing with GLA if you are using cod liver oil.

## LABEL:



**Huile de foie de morue**  
20 minimes

**Soutien du système immunitaire**  
**Aide à la vision**

**100 gélules**

**Usage recommandé:** Aide au maintien de la vue, de la peau, des membranes et des fonctions immunitaires. Aide au développement et au maintien de la vision nocturne. Aide à prévenir les déficiences en vitamine A et vitamine D. Aide au développement et au maintien des os et des dents. Aide à l'absorption et à l'utilisation du calcium et du phosphore.

**Dose recommandée (adultes):** Prendre 1 gélule deux fois par jour avec des repas.


**Ingédients médicinaux:**  
Chaque gélule contient:  
Vitamine A  
(huile de foie de morue\* et de vitamin A palmitate)..... 750 mcg EAR/2500 IU  
Vitamine D  
(huile de foie de morue\* et de cholecalciférol) ..... 5 mcg/200 IU

\* de 1100 mg d'huile de foie de morue (Foie de la morue franche, *Gadus morhua* L.)

Ingédients non médicinaux: huile de fèves de soya, glycérine, gélatine.

Ce produit ne contient pas de maïs, ingrédients laitiers, gluten, ou colorants ou arômes artificiels.

RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE PORTÉE DES ENFANTS.



**Cod Liver Oil**  
20 Minims

**Immune System Support**  
**Vision Support**

**100 Softgels**

**Recommended Use:** Helps to maintain eyesight, skin, membranes and immune function. Helps in the development and maintenance of night vision. Helps to prevent vitamin A and vitamin D deficiency. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus.

**Recommended Dose (Adults):** Take 1 softgel twice daily with meals.

**Medicinal Ingredients:**  
Each softgel contains:  
Vitamin A  
(from cod liver oil\* and Vitamin A palmitate) ..... 750 mcg RAE/2500 IU  
Vitamin D  
(from cod liver oil\* and cholecalciferol) ..... 5 mcg/200 IU

\* from 1100 mg Cod Liver Oil (Atlantic cod *Gadus morhua* L.)

Non-medicinal ingredients: Soybean oil, glycerin, gelatin.

This product does not contain corn, dairy, gluten, or artificial colours or flavours.

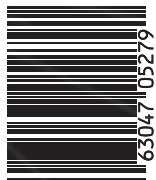
STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Actual Size  
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.  
NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

[www.naturesharmony.com](http://www.naturesharmony.com)  
1-877-929-2548

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