



Halibut Liver Oil Super

Nature's Harmony® Halibut Liver Oil Super provides high amounts 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 fish oil liquid.

PRODUCT CODE: 400588

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Immune system support.	Softgel capsule	Take 1 softgel daily.

DESCRIPTION:

Each capsule of Nature's Harmony® Halibut Liver Oil Super contains 10,000 IU of vitamin A and 400 IU of vitamin D3 per capsule. The oil is tested to ensure the quantity and quality of its vitamin A and D content.

Recommended Daily Allowance: N/A

Food Sources: None.

Causes of Deficiency: Poor diet, vitamin deficiency.

Symptoms of Deficiency: Decreased resistance to infection and diminished Immune system response.

Complementary Nutrients: Nature's Harmony® High Potency Multi-Vitamin & Mineral Supplement.

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 winters cause 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.

Halibut Liver Oil Super

RESEARCH:

There are numerous research studies indicating that both vitamins A and D are supportive in the body's immune system functioning. There is also evidence that supplementing with halibut liver oil can benefit arthritis, osteoarthritis and atherosclerosis.

SIDE EFFECTS:

Halibut liver oil is generally well tolerated, although sensitive individuals may react with gastrointestinal upset. High doses or prolonged use of vitamin A may cause bleeding of the gums, dry or sore mouth, or dry, cracking or peeling lips.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use during pregnancy and breastfeeding since doses of vitamin A higher than 6,000 IU are not recommended at this time. Individuals with alcohol abuse or kidney disease should consult a health care practitioner prior to use. High doses of Vitamin D are contraindicated in the following conditions: sarcoidosis, and heart, kidney or blood vessel disease.

OTHER CONSIDERATIONS:

Prior to use, consult with a health care practitioner if taking Accutane, oral contraceptives or cholesterol-lowering medications.

LABEL:

Natures Harmony®

Super
Huile de foie de flétan

Soutien du système immunitaire

60 gélules
NPN 80005951

Usage recommandé : Soutien du système immunitaire.
Dose recommandée (adultes) : Prendre 1 gélule par jour.
Ingédients médicinaux :
Chaque gélule contient :
Huile de foie de flétan (avec vitamines A et D ajoutées) 100 mg
fournissant:
Vitamine A (huile de foie de flétan, palmitate) 10 000 IU/3003 mcg EAR
Vitamine D (huile de foie de flétan, cholecalcérol) 400 IU/10 mcg
Ingédients non médicinaux : huile de fèves de soya, gélatine, glycérine.
Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage pendant la grossesse ou l'allaitement.
Ce produit ne contient aucun ingrédient laitier, œuf, gluten, crustacé, sulfites, bié, ni colorants, arômes ou agents de conservation artificiels.

Recommended Use: Immune system support.
Recommended Dose (Adults): Take 1 softgel daily.
Medicinal Ingredients:
Each softgel contains:
Halibut liver oil (with added vitamins A and D) 100 mg providing:
Vitamin A (halibut liver oil, palmitate) 10,000 IU/3003 mcg RAE
Vitamin D (halibut liver oil, cholecalciferol) 400 IU/10 mcg
Non-medicinal Ingredients: soy bean oil, gelatin, glycerin.
Risk Information: Consult a health care practitioner prior to use during pregnancy and breastfeeding.
This product does not contain dairy, egg, gluten, shellfish, sulfites, wheat, or artificial colours, flavours or preservatives.

Natures Harmony®

Super
Halibut Liver Oil

Immune System Support

60 Softgels
NPN 80005951

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.
www.naturesharmony.com
1-877-929-2548

SunOpta Inc.
6 Commerce Crescent
Acton, ON L7J 2X3
A Proud Canadian Company
Une compagnie canadienne fière de l'être.

Actual Size / Grandeur réelle
4109588.01-01

0 63047 00588 9

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

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