



Cod Liver Oil Capsules 1000 mg

Nutritional supplement with vitamins A and D3

Good to know: Cod liver oil offers many advantages for your health. In addition to plenty of vitamin A and vitamin D3, cod liver oil also contains polyunsaturated fatty acids. The substitution of saturated fatty acids with polyunsaturated fatty acids in the diet supports the maintenance of normal cholesterol levels in the blood.

Vitamin A is of great significance for the skin and mucosa, for retaining good vision, for the iron metabolism and for a healthy, vigorous immune system. **Vitamin D3** contributes towards the build-up of calcium and phosphorous deposits in bone tissue, and can thus assist in the structure and preservation of sturdy, healthy bones and teeth.

Each capsule contains 1000 mg cod liver oil with 1200 I.U. vitamin A und 120 I.U. vitamin D3.

Ingredients: *Cod Liver Oil* (74 %), Gelatine, humectant Glycerine.

	per capsule	per daily dose (3 capsules)	% of NRV recommended daily dose*
Cod Liver Oil	1000 mg	3000 mg	**
of which fat	1000 mg	3000 mg	
Vitamin A	360 µg RE 1200 I.U.	1080 µg RE 3600 I.U.	135
Vitamin D3	3.0 µg 120 I.U.	9.0 µg 360 I.U.	180

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

** no reference value available yet

Recommended use: Swallow 1 capsule 3x daily with plenty of liquid.

Not suitable for pregnant women.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Contents 180 capsules = 237 g

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