## Icelandic Cod Liver Oil

**PURIFIED LIQUID COD LIVER OIL • LEMON FLAVOR • PHARMACEUTICAL GRADE**

### Supplement Facts

<table>
<thead>
<tr>
<th>Serving Size: One teaspoon (5 ml)</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>40</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.6 g</td>
<td>7%*</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.8 g</td>
<td>5%*</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>1.5 g</td>
<td></td>
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<tr>
<td>Monounsaturated Fat</td>
<td>2.3 g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A (as retinyl palmitate)</td>
<td>5000 IU</td>
<td>100%</td>
</tr>
<tr>
<td>Vitamin D3 (as cholecalciferol)</td>
<td>460 IU</td>
<td>115%</td>
</tr>
<tr>
<td>Omega-3 Fatty Acids</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DHA (Docosahexaenoic Acid)</td>
<td>460 mg</td>
<td>**</td>
</tr>
<tr>
<td>EPA (Eicosapentaenoic Acid)</td>
<td>345 mg</td>
<td>**</td>
</tr>
<tr>
<td>Other Omega-3s</td>
<td>276 mg</td>
<td>**</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

Other ingredients: Purified Icelandic cod liver oil, vitamin A (retinyl palmitate), vitamin D3 (cholecalciferol), vitamin E (d-alpha tocopherol acetate), natural lemon flavor.

**SUGGESTED USE:** 1 TEASPOON PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL. STORE AT OR BELOW ROOM TEMPERATURE. REFRIGERATE AFTER OPENING.

**WARNING:** IF TAKING MEDICATION, PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING.

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- Natural triglyceride form, molecularly distilled cod liver oil.*
- Rigorously tested to meet international purity standards.*
- High in omega-3 essential fatty acids: brain-supportive DHA and inflammation-modulating EPA.*

**Icelandic Cod Liver Oil** from Moss Nutrition offers a premium liquid source of beneficial omega-3 fatty acids that also provides 100 percent of the daily value for vitamin D₃ and vitamin A.

**Icelandic Cod Liver Oil** is produced from the fresh livers of *Gadus morhua* and purified to meet strict analytic parameters for cod liver oil as established in current USP, British Pharmacopeia and European Pharmacopoeia monographs. It is nitrogen flushed during bottling with stabilizing d-alpha tocopherol (vitamin E) added for extended freshness. Naturally-occurring and additional vitamins A and D₃ offer beneficial antioxidant protection and help to support healthy eyes, bones and immune system function.

Oils contained in the livers of cold water fish have been prized since ancient times for their therapeutic value; historical references date back to Hippocrates. Cod liver oil was traditionally used both topically and internally in Northern Europe as a general preventive, to help ease joint and muscle pain and to help support skin health. It was recognized as a cure for rickets in the early 1800s and helped lead to the discovery of vitamin D a hundred years later.

Originally skimmed from the tops of barrels containing fermenting fish livers soaked in seawater, cod liver oil was first produced industrially by steam extraction around 1853. In the early part of the 20th century, commercial cod liver oil became known as a natural vitamin D source and was instrumental in helping to eradicate rickets in industrialized nations. Many elders recall having to endure their mothers administering a daily dose of fishy smelling cod liver oil by teaspoon. Today, advanced processing methods have dramatically improved the taste, feel and purity of the product. Moss Nutrition’s **Icelandic Cod Liver Oil** has a light, pleasant lemon flavor. Suitable for all ages, it may be taken plain or added to juices, shakes or smoothies as desired.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

(continued on reverse side)
Both cod liver oil (CLO) and fish body oil (FO) are excellent marine-based sources of anti-inflammatory omega-3 fatty acids. The two share many similarities in use and function, differing primarily in terms of vitamin content and relative content of DHA to EPA. Only cod liver oil (CLO) contains vitamins A and D3, fat-soluble nutrients which naturally concentrate in liver tissue. Vitamin D, “the sunshine vitamin”, is of course the nutrient that enabled cod liver oil to help wipe out rickets a century ago and is currently recognized for playing critical roles in immune system function, calcium metabolism and emotional wellbeing.

Vitamin A, an antioxidant required for eye, skin and mucus membrane health, may contribute to the potent liver protective effect exhibited by CLO in animal research. Rats treated with cod liver oil and exposed to carbon tetrahydrochloride have shown a superior hepatic antioxidant response compared to controls. Cod liver oil has also been shown to reduce hepatic damage caused by sodium nitrite, exhibiting a positive influence on inflammatory cytokines, fibrosis mediators and apoptosis markers.

Regarding its fatty acid profile, cod liver oil typically contains higher percentages of omega-3 DHA than fish oil, which tends to be higher in anti-inflammatory EPA. DHA is the principle omega-3 fatty acid in brain, heart and retinal tissue where it plays important structural and functional roles. CLO has been studied for its role in helping to support healthy cardiovascular, visual and cognitive function in adults and children. In one randomized study, children born to mothers who took cod liver oil during pregnancy and lactation scored higher on an intelligence test at 4 years of age compared with children whose mothers had taken a corn oil placebo. Other benefits to children may include an enhanced immune resistance. Frequency of pediatric doctor visits due to upper respiratory illness have been significantly reduced in children taking cod liver oil plus a multivitamin.

In adults, acute consumption of CLO has been associated with improvements in endothelial function and improved joint comfort, reducing the need for NSAIDs. In seniors, regular use of cod liver oil has been associated with healthier blood pressure levels. Other studies suggest CLO may help to significantly decrease levels of both TNF-α and intercellular adhesion molecules, supporting its traditional role in helping to serve as a natural inflammation-modulating agent for people of all ages.

REFERENCES


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