

Cod Liver Oil with Vitamin D 550 mg/ 400 IU Softgels



Product Summary:

Cod Liver Oil: an excellent source of preformed vitamins A and D as well as omega-3 fatty acids. It is especially useful for individuals with digestive problems since they may have difficulty converting beta-carotene (provitamin A) into vitamin A.

Vitamin A: a fat soluble vitamin, known to promote healing by stimulating the immune system. It benefits the eyes as well as soft tissue. Vitamin A also helps cell differentiation, (helps cells to reproduce properly). Improper differentiation can cause cells to undergo precancerous changes. Vitamin A also helps to maintain cell membranes which hinders invasion by disease-causing organisms.

Vitamin D: the sunshine vitamin, is also fat soluble and acts as a hormone to assist the body's absorption and utilization of calcium. It helps bones and teeth, stabilizes the nervous system and helps cardiovascular system, muscles and many body organs.

Properties/Uses:

The claim as approved by the *Natural Health Product Directorate* (NHPD): A factor in the maintenance of good health. Helps in the development and maintenance of bones, teeth and night vision. Helps maintain eyesight, skin, membranes and immune function.



GENERAL HEALTH
& WELLNESS



Pharmacology:

“Cod liver oil also contains a significant amount of vitamins A and D. On average, 20 mL of cod liver oil contains 1.8 grams EPA, 2.2 grams DHA, 15,000 IU vitamin A, and 1500 IU vitamin D. Cod liver oil fatty acids compete with arachidonic acid for the cyclooxygenase and lipoxygenase pathways. Cod liver oil's anti-inflammatory effects are likely due to inhibition of leukotriene synthesis. Because of this effect, there is interest in cod liver oil for heart disease prevention. Cod liver oil also has antithrombotic effects. It decreases blood viscosity and increases red blood cell deformability, increases prostacyclin synthesis and related vasodilation, reduces thrombogenicity of platelets and monocytes, reduces platelet adhesiveness, and reduces platelet count. Preliminary research suggests cod liver oil may be useful in improving long-term graft patency following arterial bypass reconstruction. In hypertriglyceridemia, cod liver oil is thought to lower triglycerides by decreasing secretion of very low-density lipoproteins (VLDLs), increasing VLDL apolipoprotein B secretion, possibly by increasing VLDL clearance, decreasing VLDL size, and reducing triglyceride transport.”²





Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

100's 7 77747 10310 2

NPN:

80035302

Expiry Date:

36 months from date of manufacture

Active Ingredients:

Each softgel contains:

- Cod Liver Oil (*Gadus morhua*) (liver)550 mg
- Vitamin A (palmitate).....378 mcg RAE (1250 IU)
- Vitamin D* (cholecalciferol)..... 10 mcg (400 IU)

*Amount comes one quarter from Cod Liver Oil and three quarters from additional added Vitamin D.

Non-Medicinal Ingredients (in descending order):

Softgel capsule (gelatin, glycerin, purified water), vitamin E.

Appearance:

Clear yellowish encapsulated in an oval clear soft gelatin shell.

Packaging:

300 cc white round bottle with safety seal under a 45 mm white cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on label and applied to exterior of bottle.

Storage:

Preserve in tight, light resistant containers in a cool dry place.





Dose:

Please refer to Vitamin and Mineral Summary Chart.

Directions:

(Adults): 1 softgel, 2 times daily, or as recommended by a physician

Caution:

The caution as approved by the *Natural Health Product Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING

Deficiency Symptoms:

Please refer to Vitamin and Mineral Summary Chart.

Drug Interactions/Contraindications:

The drugs cholestyramine (Questran), colestipol (Colestid), neomycin (Neo-Fradin), and orlistat (Xenical), as well as mineral oil, all interfere with the absorption of vitamin A.

3 Note that increased risk of vitamin A toxicity can result if higher dosages of cod liver oil are taken at the same time as synthetic vitamin A derivatives such as tretinoin (Accutane) and etretinate (Tegison).⁴

Toxicity/Adverse Reactions:

When taken orally, cod liver oil may have a fishy taste and might cause belching, nosebleeds, halitosis, and heartburn.⁵

Do not supplement with cod liver oil without consulting a physician if you suffer from cirrhosis of the liver, hepatitis, or any other serious liver disorder. At recommended levels in people with normal liver function, vitamin A is not associated with any side effects.





Pregnant women and women of childbearing age who may possibly become pregnant should not take more than 5000 IU of vitamin A daily due to the risk of birth defects. Lactating women should also not take more than 5000 IU of vitamin A per day.⁶





Allergen Content/Ingredient Sensitivity:

| NO | YES |
|--------------------------|-----|
| Artificial Colors | |
| Artificial Flavors | |
| Artificial Sweeteners | |
| Corn Products | |
| Egg Products | |
| Fish | |
| Gluten | |
| Hydrolyzed Plant Protein | |
| Lecithin | |
| Milk Products | |
| Peanuts | |
| Preservatives | |
| Sesame Products | |
| Shellfish | |
| Soy Products | |
| Starch/Modified Starch | |
| Sulphites | |
| Tartrazine | |
| Tree Nuts | |
| Wheat Products | |
| Yeast | |

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Free of animal products

Kosher





References:

1. <http://www.naturaldatabase.com/monograph>.
2. <http://www.naturaldatabase.com/monograph>.
3. <http://www.naturaldatabase.com/monograph>.
4. Murray, Michael T., N.D. *The Pill Book Guide to Natural Medicines*. 2002. Bantam.
5. <http://www.naturaldatabase.com/monograph>.
6. Murray, Michael T., N.D. *The Pill Book Guide to Natural Medicines*. 2002. Bantam.

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