



Cod Liver Oil

Once a standard supplement in traditional European and other societies, for strengthening adults and children who were prone to sickness and required strengthening. Cod Liver Oil (CLO) is produced from the livers of cod. There are CLO products on the market that are produced as a secondary by-product of the animal feed industry and are made from fish other than cod. There are many fish oils available on the market. To avoid the negative effects that you may have experienced with other fish oil supplements or the memory of the CLO

What is the difference between fish oil and cod liver oil?

The main difference between cod liver oil and fish oil is that CLO contains natural vitamin A and vitamin D. The availability of natural vitamins A and D in addition to the beneficial omega-3 fatty acids in CLO makes it an excellent supplement for a wide range of health conditions.

Why vitamin A?

Vitamin A plays vital roles in vision, epithelial differentiation, growth, reproduction, bone development, formation of red and white cells in blood, and brain development. It is also important for the maintenance of the proper functioning of the immune system. Vitamin A deficiency can result in night blindness keratinization of the lung, gastrointestinal tract and urinary tract epithelia, growth retardation, follicular hyperkeratosis of the skin, increased susceptibility to infections and death in severe cases of deficiency. Children are particularly susceptible to the effects of vitamin A deficiency at a time when they require vitamin A for proper bone development, formation of the myelin sheath around nerve cells, vision and resistance to infections.

Why Vitamin D?

Vitamin D is found in food, but also can be made in your body after exposure to ultraviolet rays from the sun. So why should you need to supplement with vitamin D in a land of sunshine like Australia? Hypovitaminosis D (low vitamin D) is surprisingly common in Australia due to our urban lifestyle and the success of the SunSmart ("Slip, Slop, Slap") campaigns. Besides playing a crucial role in the establishment and maintenance of the calcium in the body, a deficiency of the active form of vitamin D promotes the growth of cancer cells, insulin resistance and diabetes, autoimmune disorders, arthritis, obesity, infertility and PMS.

Recommendation

I only recommend the purest form of Cod Liver Oil for my patients, see their website: [Nordic Naturals Arctic Cod Liver Oil](#). All Nordic Natural's adhere to stringent Norwegian Medical and European Pharmacopoeia Standards for purity and freshness.


All Natural Advantage

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Helping children
achieve their full
potential