

Emulsified Norwegian Cod Liver Oil

12 fl oz (355 ml)

Item Catalog Number: 00050

As people age, systemic inflammation can inflict degenerative effects throughout the body.¹⁻⁵ A primary cause of this destructive cascade is the production of cell-signaling chemicals known as inflammatory cytokines. Along with these dangerous cytokines, imbalances of hormone-like messengers called prostaglandins also contribute to inflammatory processes.

Essential fatty acids (EFAs)

The body needs fatty acids to survive and is able to make all but two of them: linoleic acid (LA), in the omega-6 family and algalinolenic acid (ALA), in the omega-3 family. These two fatty acids must be supplied by the diet and are therefore considered essential fatty acids (EFAs). Omega-3 fatty acids, found in cold-water fish (and fish oil), and perilla and flaxseed oils, can be part of a healthy diet. Omega-3 oils contain the essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are usually lacking in the typical Western diet that includes high amounts of omega-6 fats.⁷ EPA and DHA can be synthesized from ALA, but EPA and DHA synthesis may be insufficient under certain conditions.

While the polyunsaturated fats known as omega-6 fatty acids are essential to optimal health, most Americans and citizens of other Western nations consume far too many omega-6 polyunsaturated fatty acids and not enough omega-3 polyunsaturated fatty acids. In fact, some Western diets consists of 20 parts of omega-6 to only one part of omega-3. For optimum health, the ratio of omega-6 to omega-3 fatty acids should be between 1:1 and 4:1. This severe imbalance that occurs with most people contributes to the development of long-term health problems.

Studies associate the Mediterranean diet, rich in omega-3 fatty acids, olive oil, and antioxidant-rich fruits, vegetables, and herbs, with lowered cardiovascular risk and increased life span.⁹⁻¹⁵ Other studies support omega-3's importance in cardiovascular health.^{16,17} In fact, the FDA states that supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

References

Supplement Facts

Serving Size 1 tablespoon (15 ml)

Servings Per Container 24

Amount Per Serving

Calories	60
Calories from fat	40
Total Fat	4.5 g
Saturated fat	1 g
Trans fat	0 g
Cholesterol	20 mg
Total Carbohydrate	5 g
Vitamin A	4303 IU
Vitamin D	430 IU
Total Omega-3 Fatty Acids	900 mg
EPA (eicosapentaenoic acid)	516 mg
DHA (docosahexaenoic acid)	344 mg

Ingredients: Filtered water, cod liver oil, glycerin, sorbitol, soy lecithin, cellulose, tragacanth (astragalus) gum resin, mint flavor, apple pectin, alpha tocopherol, ascorbyl palmitate.

This product has been processed and tested to be free of PCB and heavy metals. No artificial emulsifiers are used in the production of this product.

Dosage and Use

- Take one to two tablespoons daily or as directed by a physician or health care professional.
- Shake well before using.
- Store tightly in a cool, dry place.

Caution

Those taking anticoagulant drugs like Coumadin® (warfarin) should inform their doctor that they are taking GLA, EPA, or DHA supplements, as the physician may want to adjust the dose of anticoagulant medication based on tests that measure coagulation factors such as template bleeding time.

Since GLA, EPA, and DHA interfere with blood clotting, those who suffer from any type of hemorrhagic disease related to excessive bleeding or blood vessel leakage should consult their physician before supplementing these fatty acids.

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