

Cod Liver Oil 180 Capsules

EAN: 5055148400620

FABRICANTE: LAMBERTS



Cod Liver Oil is indicated for the normal functioning of the immune system, the maintenance of mucous membranes in normal conditions, the maintenance of skin and vision.

DESCRIPTION

What is Lamberts Cod Liver Oil and what is it for?

It has an excellent profile of Omega 3 Fatty Acids, providing the most beneficial ingredients which are the two fatty acids, EPA and DHA, important for:

- *Docosahexaenoic Acid (DHA)*: Contributes to maintaining normal brain and heart function. It also contributes to the maintenance of vision under normal conditions.
- *Eicosapentaenoic Acid (EPA)*: Contributes to normal heart function.

In addition, this product has a correct dose of important nutrients; vitamin A, vitamin D, and vitamin E, which are essential for:

- The normal functioning of the immune system.
- The maintenance of mucous membranes in normal conditions.
- The maintenance of skin and vision.
- The normal functioning of the muscles.
- The maintenance of teeth in normal conditions.
- The protection of cells against oxidative damage.

There are two families of essential fatty acids, the Omega 3 and Omega 6 series.

Both series are of vital importance to ensure optimal nutrition, and since the body is unable to manufacture them from other nutrients (hence the term 'essential?'), it is essential that both series of fatty acids are present in the diet. .

Although we can manufacture EPA and DHA in our body from the conversion of alpha linolenic acid (an essential fatty acid from the Omega-3 family), nutritionists believe that this process may not always be



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very efficient.

Fewer and fewer people consume oily fish on a regular basis and that is why a supplement that provides preformed EPA and DHA is very useful.

Our cod liver oil has an excellent profile of nutrients that act synergistically, with the contribution of:

- Omega-3 fatty acids
- Vitamins A, D and E in relevant levels that add benefits for the well-being of the immune system, mucous membranes, vision and more.

It is also a suitable product for people who may be at risk of vitamin D deficiencies caused by lack of exposure to sunlight, or who wish to raise their vitamin D levels as recommended by the World Health Organization (WHO).

The established upper limit of vitamin A for adults is 1,500 µg according to the Food Standards Agency's Expert Committee on Vitamins and Minerals published in May 2003. Note that this is calculated to average 700 µg. Per day of food, this leaves a recommended maximum of supplements. of 800 µg/day.

Lamberts Cod Liver Oil contains 800 µg of vitamin A per capsule and could therefore be taken with a multivitamin low in vitamin A in the form of retinol, such as Fema 45+; or those that exclude vitamin A, such as: Multi-Guard ADR; Multi-Guard Pregnancy; Multi-Guard or Maxi Hair Control.

A number of multivitamin formulas in the Lamberts range contain a significant dose of vitamin A, so taking cod liver oil alongside these is not recommended. In this case, we would suggest considering Lamberts fish oil, which contains solid levels of the active ingredients in fish oil without the risk of consuming too much vitamin A.

When calculating how much vitamin A you get from supplements, keep in mind that the upper limit only includes the form of retinol, such as retinyl acetate or retinyl palmitate, not in the form of beta-carotene.

Ingredients

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241117
<https://bio-farma.es/buy/ff/lamberts/cod-liver-oil-180-capsules>



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Each capsule provides:

Cod Liver Oil and Fish Oil Concentrate	1000mg
providing Omega 3	280mg
of which:	
Eicosapentaenoic acid (EPA)	144mg
Docosahexaenoic Acid (DHA)	107mg
Vitamin A	800 ?g
Vitamin D (400 IU)	10 ?g
Vitamin E	10mg

Precautions

People using anticoagulant drugs or aspirin should consult their doctor before using Cod Liver Oil.

How to use

Take 1 capsule daily with a meal.

