

# Cod Liver Oil

GLUTEN FREE

FOUNDATIONAL SUPPORT



### Features of Cod Liver Oil:

- Helps to bridge the gap in dietary omega-3 intake\*
- Supports general health and healthy inflammatory processes
- Supports immune system response
- Addresses vitamin A and vitamin D deficiency
- Supports healthy eyes and skin
- Supports epithelial tissue
- Supports bone and tooth health
- Supports musculoskeletal system
- May support mood challenges and liver function\*

### Vitamin A and Vitamin D Deficiency

The body needs vitamins A and D to support the bones, eyes and liver, as well as cardiovascular and immune health. Vitamins A and D in sufficient amounts help keep the body active and healthy. Cod Liver Oil naturally contains vitamins A and D, making it the perfect supplement to address this deficiency.

Supplement Facts	
Serving Size: 3 Perles	Servings per Container: 60
Amount per Serving	%DV
Calories.....	27
Calories from Fat.....	27
Total Fat.....	3 g.....6%*
Cholesterol.....	12 mg.....4%
Vitamin A.....	2,000 IU.....40%
Vitamin D.....	90 IU.....15%
Cod Liver Oil.....	3,000 mg.....†
DHA.....	300 mg.....†
EPA.....	210 mg.....†
Total Omega-3.....	630 mg.....†

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†Daily Value not established.

### Available Size:

- Cod Liver Oil 180 Softgels

Please consult the actual product label for the most accurate product information

Other Ingredients: Gelatin, glycerine, water, natural flavor, sunflower oil, and rosemary extract.



## Foundational Support

Cod Liver Oil is part of the Standard Process line of omega-3 oils that supports general health and overall well-being. Careful processing ensures that Cod Liver Oil maintains its natural profile of vitamin A, vitamin D, and omega-3 fatty acids.

## NOTES

DOSAGE AM

PM

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

# Cod Liver Oil

FOUNDATIONAL  
SUPPORT

## Bridging the Gap in Dietary Omega-3 Intake

Omega-3 fatty acids play a critical role in the human body and regulate various functions in the cardiovascular, pulmonary, immune, nervous<sup>1</sup> and endocrine systems.<sup>2,3</sup>

Since EPA and DHA are not made efficiently by the body, it is recommended that these polyunsaturated fatty acids (PUFAs) be consumed at higher levels in the diet. However, a large percentage of the U.S. adult population falls below the recommendations for omega-3 fatty acid consumption.<sup>4</sup>

Standard Process Calamari Omega-3 Liquid helps bridge the dietary gap of omega-3 with 800 mg of DHA and 400 mg of EPA omega-3 fatty acids per serving.\*



## REFERENCES

1. Dyall, S.C. Long-chain omega-3 fatty acids and the brain: a review of the independent and shared effects of EPA, DPA and DHA. *Front Aging Neurosci* **7**, 52 (2015).
2. van Gelder, B.M., Tijhuis, M., Kalmijn, S. & Kromhout, D. Fish consumption, n-3 fatty acids, and subsequent 5-y cognitive decline in elderly men: the Zutphen Elderly Study. *Am J Clin Nutr* **85**, 1142-1147 (2007).
3. SanGiovanni, J.P. & Chew, E.Y. The role of omega-3 long-chain polyunsaturated fatty acids in health and disease of the retina. *Prog Retin Eye Res* **24**, 87-138 (2005).
4. Papanikolaou, Y., Brooks, J., Reider, C. & Fulgoni, V.L., 3rd. U.S. adults are not meeting recommended levels for fish and omega-3 fatty acid intake: results of an analysis using observational data from NHANES 2003-2008. *Nutr J* **13**, 31 (2014).

### In-house scientists

rigorously research, develop and test all products to ensure the highest quality

Our ingredients are of  
**HIGH QUALITY**

Our vertically integrated manufacturing processes ensure quality from start to finish

## High-Quality, Wholistic Clinical Nutrition

Since 1929, Standard Process has been dedicated to the field of nutritional supplements and the whole food philosophy introduced by Dr. Royal Lee.

We are committed to growing and sourcing only the highest quality ingredients. For products like our omega-3 oils that can't be grown on our own organic farm, we go to great lengths to find sources that practice, sustainable methods and apply high-quality standards like we do.

### Our EPA and DHA products are of the highest quality, which means:

- Below regulatory standards for contaminants and toxins
- Pure, high quality, concentrated oils
- Sustainably sourced ingredients