

High source of EPA and DHA

- CONTAINS VITAMIN A AND D
- HELPS RELIEVE OSTEOARTHRITIS



Cod liver oil contains high levels of vitamins A and D which support healthy joints, bones, skin, hair and teeth, as well as help to maintain the body's natural defenses and contribute to healthy eyes and vision. Cod liver oil also contains EPA and DHA that support healthy cholesterol levels as part of a low fat diet.

Most North Americans consume insufficient amounts of omega-3 fatty acids, essential to good health but only found in fish oil and few other foods. Meanwhile, omega-6, another fat found in corn, soy and sunflower, is far too high in relation to the amounts of omega-3 needed. The ideal ratio of omega-6 to omega-3 should be 1:1, but the typical North American diet ranges from 20:1 to 50:1. This lack of omega-3 in our diets is a reason behind many of the diseases we face today compared to other "first world" countries such as Japan or Greece.

Omega-3 found in cod liver oil helps fight and prevent heart disease, cancer, depression, Alzheimer's, arthritis, diabetes, ulcers, hyperactivity and many other diseases. It increases energy levels, the ability to concentrate and provides greater resistance to the common cold. Omega-3 fatty acids help pregnant women avoid premature births, low birth weight and other complications. The omega-3 fatty acids in fish oil help to balance the omega-6 fatty acids, found mostly in vegetable oils.

While a helpful form of omega-3 can be found in flaxseed, walnuts and a few other foods, the most beneficial form of omega-3 – containing two fatty acids, DHA and EPA, that are essential to fighting and preventing both physical and mental disease – can only be found in fish oils. When these two groups of fatty acids are out of balance, the body releases chemicals that promote inflammation. People produce more of these inflammatory chemicals when experiencing psychological stress.

New Roots Herbal's cod liver oil is high in omega-3 while also containing the essential fatty acids DHA and EPA at the highest standards available. These omega-3 fatty acids, unlike the omega-3 fatty acid found in flaxseed oil and other vegetable oils (alpha-linolenic acid), keep blood triglycerides in check. (High triglycerides are generally linked with increased risk of heart disease.) This may also inhibit the progression of atherosclerosis. EPA and DHA keep blood from clotting too quickly. DHA is crucial for the development of the central nervous system. It is theorized that pregnant and breast-feeding women who consume such fatty acids might improve the intellectual potential of their children, particularly during the third trimester and in the first three months of life, when the brain undergoes growth spurts.

New Roots Herbal's cod liver oil is tested using AOAC international protocols in an independent registered laboratory – to ensure freedom from detectable levels of mercury, cadmium, lead, and PCB's. New Roots Herbal's cod liver oil is pleasant tasting, with natural mint flavor and one 500 ml bottle delivers 400 servings, the most inexpensive source of omega-3 available.

Each ¼ teaspoon contains:

100% pure Norwegian Cod Liver oil

Vitamin A 3231 USP / i.u.

Vitamin D 323 USP / i.u.

Omega 3 essential fatty acids

EPA (Eicosapentaenoic Acid) 100 mg

DHA (Docosahexaenoic Acid) 120 mg

ALA (Alpha-Linolenic Acid) 203 mg

Naturally occurring Iodine value. 188 mcg

Suggested use:

Adults and children 6 years of age and over: Take ¼ teaspoon only daily, or as directed by your health care practitioner.

Warning: Pregnant and lactating women should consult their physician before taking high doses of Vitamin A and D.

Keep out of reach of children.

*Manufactured under strict GMP (Good Manufacturing Practices)
New Roots Herbal at 1-800-268-9486 or www.newrootsherbal.com*