

## Cod Liver Oil



**Brand:** Lindens  
**Product Code:** L19  
**Availability:** 10  
**Weight:** 0.10kg

**Price: £6.99**

### Short Description

One-A-Day Cod Liver Oil Capsules, providing Omega 3 fatty acids EPA and DHH and enriched with Vitamins A and D.

### Description

- Cod Liver Oil - synonymous with health
- Supports normal brain and immune function
- High in Omega 3 and Vitamins A & D
- Contributes to normal heart function and normal blood pressure

Almost synonymous with health and nutrition, Cod Liver Oil differs from other fish oils because it is a nutrient rich source of Vitamin A and Vitamin D - each of our capsules contains 100% NRV of both Vitamin A and Vitamin D.

Cod Liver Oil is an excellent source of the Omega 3 fatty acids EPA (eicosapentaenoic acid) & DHA (docosahexaenoic acid) which contribute to the maintenance of normal blood pressure, normal brain function and normal vision as well as Vitamins A & D which supports the maintenance of normal skin, function of the immune system as well as playing a role in the maintenance of normal bones and muscle function. Each Linden Cod Liver Oil 1000mg Capsule contains 1000mg Cod Liver Oil, yielding 254mg Omega 3 fatty acids, of which 170mg are EPA and DHA.

**Vitamin A** contributes to normal:

- iron metabolism
- maintenance of normal mucous membranes
- maintenance of normal skin, normal vision and
- immune system function
- It also has a role in the process of cell specialisation

**Vitamin D** contributes to normal:

- absorption/utilisation of calcium & phosphorus
- blood calcium levels
- maintenance of normal bones, muscles & teeth
- role in a process cell division
- immune system function

With Lindens®, you can expect:

- ? An established UK manufacturer based in Yorkshire
- ? ISO 9001 Certified for Quality Management Systems
- ? Dedication to excellence, innovation and satisfaction
- ? Resealable, light-proof, foil-fresh pouch packaging
- ? The Lindens® label: your guarantee of authenticity

This is a food supplement which is not a substitute for a balanced diet and healthy lifestyle. We recommend that pregnant and breastfeeding women seek medical advice before using food supplements. Store in a cool, dry place, out of reach of children. Unsuitable for children. Follow usage guidelines. Do not exceed stated dose. Lindens® is a registered trademark of Lindens Health + Nutrition Ltd.

## **Label Information**

### **COD LIVER OIL**

Each 1000mg capsules provides 254mg Omega 3 plus Vitamins A & D which contribute toward normal skin • hair • nails • bones • eyes • teeth • immune system

**DIRECTIONS:** Food Supplement. Take one capsule each day with a little water.

**INGREDIENTS:** Cod Liver Oil (**fish**), Shell (Bovine Gelatin, Glycerin, Water), Vitamin A as Retinol Palmitate, Vitamin D3 as Cholecalciferol, Vitamin E as DL-Alpha Tocopherol Acetate (**soya**).

Allergens (if any) in bold.

Free from: dairy, sugar & gluten.

EAN:

5060332535170 - 90 pack

5060332535187 - 360 pack

## PRODUCT INFORMATION

per capsule

Nutrient	Amount	% NRV
Cod Liver Oil	1000mg	-
Total Omega 3	254mg	-
EPA & DHA	170mg	-
Vitamin A	800mcg	100
Vitamin D	5mcg	100

NRV = Nutrient Reference Value