



Cod Liver Oil Capsules

Food supplement with Vitamin A and D3

Good to know:

Cod liver oil has many health benefits. Especially remarkable is the content of vitamin A and vitamin D3 :

Vitamin A helps maintain healthy skin and mucosa, promotes good eyesight, a favorable effect on the iron metabolism and is of great importance for a healthy, vitalised immune system.

Vitamin D3 helps deposit calcium and phosphate in the bone tissue and can thus contribute to building and maintaining sturdy and healthy bones and teeth.

Each capsule contains 500 mg of cod liver oil with 600 I.U. Vitamin A and 60 I.U. vitamin D3.

Ingredients: Cod Liver Oil (73%), Gelatine, humectant Glycerol.

	per capsule	per daily dose (= 6 capsules)	% of the daily intake according to NRV*	per 100 g capsules
cod liver oil	500 mg	3000 mg	**	73 g
Vitamin A	180 µg RE 600 I.U.	1080 µg RE 3600 I.U.	135	26 mg
Vitamin D3	1.5 µg 60 I.U.	9.0 µg 360 I.U.	180	220 µg

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

** No reference value has yet been established

Recommended daily dosage: Take 2 capsules 3 times daily with sufficient liquid.

Not suitable for pregnant women.

Keep out of direct sunlight. Store dry and not above 25° C. Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 200 capsules = 132 g

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