



FAST FACTS ABOUT COD LIVER OIL

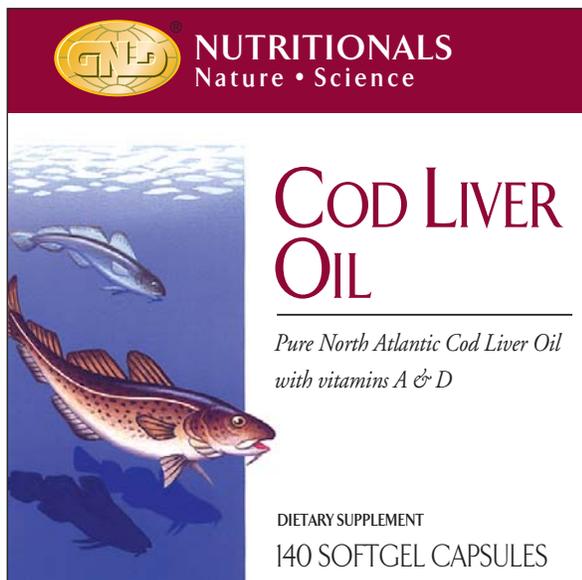
A rich, natural source of vitamins A and D, cod liver oil was used to provide specific dietary benefits even before the nutritional mechanism was scientifically understood. As nutritional science has uncovered the significant health benefits of foods rich in natural fish oils, Cod Liver Oil remains a trusted and time-tested dietary supplement.

WHY COD LIVER OIL?

- Cod liver oil is a **nutritionally-rich supplement** traditionally considered beneficial to health.
- Cod liver oil **contains diverse nutrients**: vitamins A and D, arachidonic acid (an omega-6 essential fatty acid), iodine, bromine, EPA and DHA (omega-3 essential fatty acids), and other trace nutrients.

WHY GNLD COD LIVER OIL?

- **Premium cod liver oil from pristine Northern Atlantic waters** meets the highest standards for purity and freedom from contamination.
- **Natural whole-food source of a broad spectrum of nutrients**, including vitamins A and D in a natural 10-to-1 ratio.
- **Soft gelatin capsule** protects freshness and potency, eliminates “fishy” taste.
- **Beneficial Ratio’s of fatty acids.**



Supplement Facts

Serving Size 2 Capsules
Servings Per Container 70

Amount Per Serving	% Daily Value	
Calories	20	
Calories from Fat	18	
Total Fat	2 g	3%*
Saturated Fat	0	0%*
Vitamin A (from Cod Liver Oil)	5000 IU	100%
Vitamin D (from Cod Liver Oil)	540 IU	135%

*Percentage Daily Values are based on 2,000 calorie diet

Other ingredients: Gelatin, glycerine, water, soybean oil and beta carotene (as colorant).



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SUGGESTED USE: 1 to 2 capsules daily.

Cod liver oil is rich in vitamin A which plays a role in maintaining normal vision, reproductive functions, and a healthy immune system. It also is a significant source of vitamin D which is needed for proper bone mineralization.*

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

A trusted and time-tested dietary supplement, cod liver oil is a natural source of vitamins A and D, plus a particularly beneficial ratio of fatty acids. GNLD specifies only the finest, high purity cod liver oil harvested in the glacier-fed waters of the North Atlantic. Sealed in soft gelatin capsules to avoid any “fishy” taste, GNLD insures that you receive only the freshest, highest potency cod liver oil possible.

Store in a cool, dry place, away from direct sunlight. Packaged with safety seal.

NOT SOLD IN RETAIL STORES

Available Exclusively From GNLD Distributors



Golden Neo-Life Diamite International
Fremont, CA 94538 U.S.A.

Leading edge nutrition since 1958.



THE COD LIVER OIL STORY

A TIME-PROVEN TRADITIONAL “REMEDY”

One of “nature’s nutritional storehouses,” cod liver oil has been used as a traditional dietary supplement since the late 1700s, when physicians prescribed its use for their patients with rickets (a type of bone deformity), despite their lack of understanding regarding the cause of the disease or the specific treatment needed. In fact, one of cod liver oil’s more famous early champions was Benjamin Franklin!

In 1921 it was discovered that rickets was caused by a dietary deficiency and the naturally-occurring nutrients in cod liver oil (particularly vitamin D) offset the deficiency and reversed the “disease” condition. Although rickets is uncommon in the U.S. today, it is still prevalent in many countries. Regardless, cod liver oil continues to enjoy people’s trust as a supplemental source of vitamins A and D and essential fatty acids found in fish oil.

VITAMIN A FOR HEALTHY VISION AND MORE

A fat-soluble nutrient, vitamin A is essential for normal growth and bone development and is well known for its role in preventing night-blindness and a serious eye condition called xerophthalmia. Another vital role for vitamin A is to keep skin and other epithelial tissues (such as the lining of the nose, throat, respiratory system, and genitourinary tract) healthy and free of infection.

Vitamin A deficiency is a major public health problem in many developing countries, a situation which has prompted a great deal of vitamin A research in recent years. One area of study has focused on preventing blindness with supplemental vitamin A. Recent research has also demonstrated that infectious diseases (such as the pneumonia that frequently follows measles — particularly in developing countries) are reduced when vitamin A supplements are used. These results show that vitamin A supports specific elements of the immune system.

It is important to note that vitamin A is one of the few vitamins that is stored in the liver. The body stores more vitamin A as we get older, so seniors may need less dietary vitamin A to maintain optimal health. Too much vitamin A can lead to birth defects. For this reason, women who are pregnant, or are considering becoming pregnant, should consult their doctors regarding vitamin A supplementation. The optimal intake range is 4,000 to 10,000 I.U. daily.

VITAMIN D FOR HEALTHY BONES

The paramount function of vitamin D is to facilitate the proper mineralization of bone, a role that was recognized when the “cure” for rickets was discovered.

Vitamin D influences the absorption of both calcium and phosphorus, two nutrients critical to the formation and maintenance of healthy bone. Vitamin D increases calcium absorption from the small intestine, and enhances phosphate levels throughout the body, supporting proper bone calcification and helping to prevent muscle cramps and spasms. Vitamin D is essential for the growth and proper mineralization of both bones and teeth.

Vitamin D is also stored by the body, making proper intake levels very important. Although vitamin D deficiencies can cause cardiovascular problems such as capillary restriction, too much vitamin D can support the development of heart disease.

BENEFICIAL RATIO OF ESSENTIAL FATTY ACIDS

Cod liver oil also provides small amounts of essential omega-3 and omega-6 fatty acids. The ratio of these two types of essential fatty acids is crucial to their ability to confer health benefits. Research has shown that the fatty acids in cod liver oil have a particularly beneficial ratio and play an important role in maintaining healthy joints, preventing inflammation, and positively affecting blood lipid profiles.

QUALITY OF COD DEPENDS ON QUALITY OF FISHING WATERS

The name “cod” refers to quite a few different fish from around the world. The fish from which the finest cod liver oil is produced, however, are those found in northernmost waters.

Cod generally like to feed along ocean shores in relatively shallow water. In the Atlantic, they may be caught as far south as the coast of North Carolina and southern France. But shallow coastal waters near major population and industrial centers can contain high levels of toxins from sources such as pesticides, industrial waste, or sewage. Therefore, WHERE cod is harvested can significantly influence the quality of the cod liver oil produced.

GNLD ONLY “FISHES” THE PUREST, MOST NORTHERN WATERS

The source of GNLD’s Cod Liver Oil is fish harvested from the pristine northern waters of the Atlantic Ocean, far removed from the continental wastes from North America and Europe. This sourcing helps assure that only the finest, high-purity cod liver oil is incorporated in our product. Further, the vitamin A and vitamin D content of every shipment of GNLD’s Cod Liver Oil is laboratory-checked (by our scientists and third-party quality control agencies) to assure the highest quality of cod liver oil available in the industry.