

Cod Liver Oil

Cod Liver Oil has long been a traditional remedy for problems associated with joints as it is thought to lubricate them therefore reducing the friction that causes the pain and inflammation. Research has revealed that the Omega 3 essential fatty acids – EPA (Eicosapentaenoic Acid) and DHA (Docosahexaenoic Acid) – abundant in Cod Liver Oil were beneficial for the heart and for circulation. Not only is it a rich source of these Omega 3 fatty acids, but Cod Liver Oil also contains Vitamins A and D.

Benefits:

- Can soothe arthritic symptoms such as: tender joints, morning stiffness and swelling.
- The essential fats in Cod Liver Oil are vital components of the brain, needed by the foetus in pregnancy and also to support memory and concentration.
- Discourages blood platelets from sticking together therefore reducing the likelihood of blood clots and thrombosis.
- Can help reduce high blood pressure.
- The Vitamin D in Cod Liver Oil is good for bones and teeth.
- Vitamin A in Cod Liver Oil is beneficial for vision, skin and mucous membranes. Buy Cod Liver Oil from one of our approved suppliers online now!