

# Cod Liver Oil and Salmon Oil

## Benefits of Salmon Oil and Cod Liver Oil

### Salmon Oil

Children need fish oil to maintain good health. Salmon oil is a natural source of Omega-3, especially rich in EPA & DHA. These nutrients in Salmon oil are very important to contribute healthy heart functions, joint flexibility as well as supporting children brain development, nerve, and visual functions. [1]

### Cod Liver Oil

The pure cod liver oil derived from the cod fish which is a natural good source of Vitamin A and Vitamin D. [2]

Vitamin A is an anti-infective vitamin, beneficial for vision health, protecting our mucous membranes, especially the tissue linings in digestive, respiratory and urinary tracts. Night blindness, dry eyes, eye infections and skin problems are just some of the conditions associated with Vitamin A deficiency. [3]

Cod liver oil is also rich in Vitamin D, an important vitamin required for the absorption and utilization of Calcium. It is especially important for the normal growth and development of bones and teeth in children. A severe deficiency of Vitamin D can cause rickets in children. [4]

## Health Benefits of Fish Oil

- Maintains good health of the retina, cornea and eye-sight, prevents night blindness [5]
- Helps the growth of baby's brain, enhance IQ & EQ [6]
- Enhances the ability of memory and learning [6-7]
- Improvement of Dyslexia [8]
- Enhances ability of concentration [7]
- Strengthens the functions of trachea and lungs [9]
- Maintains a good digestive system and good appetite [10]
- Protects the liver, against the pathogen of allergic rhinitis, hyperactive airway and skin allergy [11]
- Maintains the health of the skin, hair, nail and the joints [12]
- Facilitates the absorption of calcium and phosphorus which are essential in maintaining good health of the bones, teeth, heart and brain [12]

## Recommended daily dose:

Please consult your family doctor.

## References:

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