

Benefits of Salmon Oil and Cod Fish Oil:

Salmon Oil

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

Cod Fish Oil

Cod Fish Oil is a natural good source of vitamin A and vitamin D.^[4] Vitamin A is an anti-infective vitamin, beneficial for protecting our organ mucous membranes and enhancing immune function.^[5-6] It helps maintaining vision health, also development and maintenance of bones and teeth.^[5-7] Night blindness, dry eyes, eye infections and skin problems are just some of the conditions associated with vitamin A deficiency.^[5,8]

Cod Fish Oil is also rich in vitamin D, an important vitamin required for the absorption and utilization of calcium.^[5,9-10] It is especially important for the normal growth and development of bones and teeth in children.^[5,9-10] Severe deficiency of vitamin D can cause rickets in children.^[10-11]

Health Benefits of Fish Oil

- (1) Promote general health and wellbeing^[1-2,5]
- (2) Enhance immune system^[5-6]
- (3) Maintain good health of the retina, cornea and eye-sight, prevent night blindness^[5-6,12]
- (4) Help the growth of baby's brain^[2,13]
- (5) Support cognitive health and brain function, enhance learning and relieve Dyslexia symptoms^[2,13-15]
- (6) Strengthen trachea and lungs^[7,16]
- (7) Maintain a good digestive system and good appetite^[6,17]
- (8) Keep skin, hair, nail and the joints in good conditions^[1-2,5-7,9-10,19]
- (9) Facilitate the absorption of calcium and phosphorus which are essential in maintaining strong bones, teeth, heart and brain^[5-7,9-10,19]
- (10) Promote healthy cardiovascular system^[1-2]

Recommended daily dose:

Children 3 years up: Take 1 capsule daily.
Children 6 years up: Take 2 capsules daily.
Children 12 years up and adults: Take 2 capsules 2 times daily.

References:

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