



含豐富Omega 3, DHA, 天然維他命A + D

## 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.<sup>[1-3]</sup>

### Cod Fish Oil

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

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

### Health Benefits of Fish Oil

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



### Recommended daily dose:

Children 3 years up: Take 1 softgel capsule daily.

Children 6 years up: Take 2 softgel capsules daily.

Children 12 years up and adults: Take 2 softgel capsules 2 times daily or as directed by physicians.

### References:

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