



Cod Liver Oil	
Description	Fish Liver Oils such as Cod Liver Oil are a rich source of vitamin A & D. Both fish liver oil and fish body oil are also sources of polyunsaturated fatty acids (PUFAs) of the omega-3 series [eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)].
Function & Use	EPA and DHA are necessary to help maintain supple and flexible joints, and may help maintain a healthy heart and circulation.
Commercial Availability & Dosage	200mg per day of EPA/DHA is recommended ² by the UK Department of Health. The British Nutrition Foundation however recommends 1250mg ³ daily. Fish oil supplements are available in the form of capsules and liquids. Dietary supplements generally provide 100-1500 mg combined EPA/DHA per dose.
Precautions / Contra-Indications	Patients with blood clotting disorders or those taking anticoagulants should be monitored while taking fish oils.
Pregnancy & Breastfeeding	Do not take cod liver oil supplements if you are pregnant or planning a pregnancy because high amounts of vitamin A may be present.
Adverse Effects¹	Vitamin A and D toxicity (fish liver oil only).
Interactions¹	Taking cod liver oil/fish oils with anticoagulants, aspirin, ginkgo biloba or ginseng, may increase the risk of bleeding. Medical supervision in these cases is required.
References	<ol style="list-style-type: none"> 1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Department of Health. Report on Health and Social Subjects, No. 46. Nutritional Aspects of Cardiovascular Disease. Report of the Cardiovascular Review Group Committee on Medical Aspects of Food Policy. London: HMSO, 1994. 3. British Nutrition Foundation. Unsaturated Fatty acids: Nutritional and Physiological Significance. Task Force Report. London: HMSO, 1992