

# ELEVEN SEAS

Each soft-gelatin capsule contains:

**Composition:**

Cod Liver Oil.....300 mg

**Indications:** Eleven Seas Cod Liver Oil Capsules - It is a rich natural source of vitamins A and D which help maintain healthy skin, hair, nails, teeth and bones.

**Description:**

The omega-3 fatty acids in fish oil help to balance the omega-6 fatty acids, which are found mostly in vegetable oils. When these two groups of fatty acids are out of balance, the body releases chemicals that promote inflammation. People appear to produce more of these inflammatory chemicals when experiencing psychological stress (e.g., academic examinations). With a fatty acid imbalance, inflammatory response to stress appears to be amplified.



**Contraindications:**

People with heart disease or diabetes should consult their doctor before taking more than 3g of cod oil a day as there is some evidence to suggest that the supplement may raise cholesterol levels and blood sugar levels

**Side effects**

While those with heart disease and diabetes have often been reported to benefit from supplementation with fish oil, both groups should check with their doctor before taking more than 3 grams of fish oil per day for several months. Elevations in blood sugar and cholesterol levels may occur in some people who take fish oil. The increase in blood sugar appears to be related in part to the amount of fish oil used. Some evidences suggest that adding vitamin E to fish oil may prevent the fish oil-induced increase in blood sugar levels. While supplementation with fish oil consistently lowers **triglycerides**, the effect of fish oil on LDL ("bad") cholesterol varies, and in some people, fish oil supplementation has been reported to increase LDL levels. People who took fish oil and who also took 15 grams of pectin per day were reported to have reductions in LDL **cholesterol**. This suggests that pectin may overcome the occasional problem of increased LDL cholesterol reported in people who supplement with fish oil. The LDL-cholesterol raising effect of EPA and **DHA** has also been reported to be prevented by taking **garlic** supplements (or presumably including garlic in the diet) along with EPA and DHA.

**Warnings**

Exceeding the suggested intake is not recommended. Women who are pregnant or planning a pregnancy should consult their doctor before taking vitamin or mineral supplements. Keep out of the reach of children. Store in a cool dry place.

**Dosage:** 1 capsule daily or as per the physician's advice.

**Presentations:** 100 cap. PVC Bottle

MRP	Retailer	Stockist
95.00	76.00	40.00