



COD LIVER OIL FOR CHILDREN

Health authorities recommend that we get omega-3 fatty acids through our diet. Cod liver oil is a good source of the important omega-3 fatty acids DHA and EPA, and is also rich in vitamins A and D. Vitamin A and D helps to ensure a normal immune system. Vitamin D is necessary for normal growth and development of children's bone structure. DHA helps to maintain normal brain function, where the beneficial effect is achieved through a daily intake of 250 mg of DHA. DHA and EPA have a positive effect on normal heart function, where the beneficial effect is achieved through a daily intake of 250 mg of DHA and EPA. Möller's Pharma Min Første Tran (My First Cod Liver Oil) is for the youngest children from age 1 and up. Once the child turns 3, there are other Möller's Tran options in many different flavours. One teaspoon (5 ml) of cod liver oil meets the daily requirements for vitamin D, DHA and EPA.

How to give cod liver oil to the youngest children?

Some may find it difficult to give the youngest children cod liver oil. The following advice may be worth trying:

- Start with just a few drops at first. Increase the amount until you reach the daily dose of 5 ml.
- Young children are accustomed to lukewarm food, so it may be wise to hold the spoon under lukewarm water before adding the cod liver oil.
- To avoid cod liver oil stains on clothing, use a washcloth or bib.
- It is also possible to drip the cod liver oil onto a nipple of a bottle and let the child suck on this.

How to continue this good routine?

Many children like cod liver oil, but some parents find it difficult to give their children cod liver oil as they get older. Here is some good advice for how to continue this good habit:

- Möller's cod liver oil comes in many different flavours, so if taste is an obstacle, it may be wise to try some of the different flavour options.
- If it is not possible to give the child cod liver oil in liquid form, Möller's cod liver oil capsules are a good option.

One good piece of advice for both the youngest and older children is to be patient and not give up. By having the child become accustomed to cod liver oil at an early age, you can establish good habits for the rest of their lives. Give them cod liver oil with a smile, and try to make this a positive part of their daily routine.

For any questions about cod liver oil or general nutrition for children, talk to your public health nurse or contact the Orkla consumer line:

 22 06 27 88

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