



## COD LIVER OIL DURING PREGNANCY

Health authorities recommend taking cod liver oil during pregnancy and while breastfeeding, primarily to ensure a sufficient amount of vitamin D and omega-3 fatty acids.

The amount of omega-3 fatty acids transferred to the foetus through the placenta depends on the mother's diet. It is therefore essential that the mother has a sufficient intake of omega 3, both before and during pregnancy.

Vitamin D contributes to the uptake of calcium from food, to help maintain bone structure. One teaspoon (5 ml) of cod liver oil provides 10 µg of vitamin D, which is the daily amount recommended by health authorities.

The omega-3 fatty acid DHA is especially important for the development of the brain and eyes of the foetus and breastfed infant. The recommendation during pregnancy is a minimum of 200 mg DHA per day in addition to the general recommendation for 250 mg of DHA and EPA. One spoon of cod liver oil daily meets the daily requirements for DHA.

If you do not wish to take cod liver oil in liquid form, Möller's cod liver oil capsules are a good option. Möller also offers high-concentrated omega-3 capsules and vegetarian omega-3 from algae.

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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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