

Composition : Cod Liver Oil : Each soft gelatin capsule contains Cod Liver Oil BP 0.30 ml (which Provides Vitamin A 600 IU, Vitamin D₃ 85 IU, Omega-3 fatty acids) and Vitamin E 0.3 IU (as excipient).

Indication : Cod liver oil relieves of joint pains and stiffness. It is used as prophylaxis for vitamin A & D deficiency. For dietary supplementation in pregnancy, infancy, childhood & for adults with poor diet. Cod liver oil builds a healthy body, sturdy bones, strong teeth & supports healthy skin. Cod liver oil increases resistance against coughs, colds and other infections. It has anti-arrhythmic, anti-inflammatory, anti-hypertensive effects. It decreases triglycerides and increases high density lipoproteins, facilitates the normal growth, development & function of the fetus and infant's central nervous system. It also improves the symptoms of rheumatoid arthritis depression and schizophrenia.

Dosage and administration : Adults & children over 6 years : 1-2 Cod Liver Oil Capsules 3 times daily with meals; **Children (under 6 years):** As directed by the registered physician; **Pregnant & lactating women:** 1 capsule 3 times daily with meals. Or, as directed by the registered physician. □

Contraindication : Hypervitaminosis of vitamin A and/or D and the patients who are hypersensitive to vitamin A and/or D. It should not be used in patients having hypercalcemia.

Cod Liver Oil Capsule



DRUG
INTERNATIONAL
LTD.

Precaution : Caution should be exercised in those with chronic renal failure or during renal dialysis & the patients having hepatomegaly & raised ESR.

Side effects : Prolonged usage of large amounts can lead to hypervitaminosis, symptoms of which include dry mouth, rough skin, painful joints swelling, fatigue, anorexia, loss of weight, vomiting and other gastrointestinal disturbances and hypercalcemia, symptoms of which include thirst, dehydration, polyuria, nocturia, abdominal pain, paralytic ileus and cardiac arrhythmias. These may disappear on discontinuation of supplementation.

Use in pregnancy and lactation : Moderate dose of vitamin A (8000-10000 IU) is safe in pregnancy & lactation. □

Drug interactions : Cod liver oil should not be taken in conjunction with anti-coagulant medications.

Overdose : Unknown.

Storage : Store below 30°C in a dry place.

Packing : Cod Liver Oil : Each box contains 60's soft Capsules in a blister pack.