



COD LIVER OIL FOR PREGNANT WOMEN

Cod liver oil is recommended for pregnant women mostly to ensure sufficient amounts of vitamin D and omega-3 fatty acids.

Vitamin D is necessary for the uptake of calcium and thus optimal skeletal development of the foetus.

The omega-3 fatty acid DHA is important for optimal development of the brain, nervous system and vision of the foetus. A doctorate thesis from the University of Oslo in 2002, showed that a mother's intake of cod liver oil during pregnancy influences the development of her child's intelligence*.

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

If you do not like the taste of cod liver oil, Möller's Dobbelt is a good alternative.

*Ingrid B. Helland: "Fatty acids, Mothers and Children. Effects of supplementing pregnant and lactating women with n-3 or n-6 polyunsaturated fatty acids". University of Oslo, 2002.

For more information call our helpline:

800 80 555

www.mollers.no

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