



## Cod-liver oil for infants

### Why?

- Health authorities recommend giving cod-liver oil to infants from the age of 4 to 6 weeks because it contains both Vitamin D and essential Omega 3 Fatty Acids.
- Vitamin D is essential for the optimum development of the skeleton.
- Recent research has shown that the Omega 3 Fatty Acid Docosahexaenoic Acid (DHA) is important for the optimum development of the brain and eyesight functions. Cod-liver oil is rich in DHA.

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If you have any queries about cod-liver oil or infant nutrition, talk to your health visitor or contact Peter Möller's advisory service on freephone no. **800 80 555**

### How?

- Some people find it difficult to give cod-liver oil to infants, so the following tips may be useful.
- Start with only a couple of drops. Increase gradually until the daily dose of 5 ml you can obtain a measuring cup or spoon from your chemist.
  - Infants are used to lukewarm food, so try holding the spoon under warm water before pouring the cod-liver oil into it.
  - To avoid stains on clothing, give cod-liver oil to your baby when she is undressed.
  - Be patient! By accustoming your baby to cod-liver oil at an early age you are laying the foundations for an excellent life-long habit.
  - Give cod-liver oil with a smile.

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