

STRUCTURE / FUNCTION CLAIMS

NUTRIENT: Cod Liver Oil

DATE: December 9, 1996
Document Name: sf01clo.wpd

BY: Original (reviewed by LRB)

PRODUCT: Fred Meyer Norwegian Cod Liver Oil (100sg, 250sg)

NUTRIENT AMOUNT: 1250 IU Vitamin A per serving (one softgel)
135 IU Vitamin D

STRUCTURE/FUNCTION CLAIM:

Vitamin A is a fat soluble vitamin that is necessary for new cell growth and healthy tissues and is essential for vision in dim light.

Vitamin D regulates the absorption of calcium and phosphorus and helps form tooth and bone.

REFERENCES:

1. Olson, J.A., Vitamin A, retinoids, and carotenoids, in *Modern Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 287-307.
2. Bender, D.A., Vitamin A: retinol and β -carotene, in *Nutritional Biochemistry of the Vitamins*, Cambridge University Press, Cambridge, 1992, 19-26.
3. Holick, M.F., Vitamin D, in *Modern Nutrition in Health and Disease*, 8th ed., Shils, M.E., J.A. Olson, M. Shike, Eds., Lea & Febiger, Philadelphia, 1994, 308-325.
4. Collins, E.D. and A.W. Norman, Vitamin D, in *Handbook of Vitamins. Second Edition, Revised and Expanded*, 2nd ed., Machlin, L.J., Ed., Marcel Dekker, New York, 1991, 59-98.
5. Norman, A.W., R. Boullion and M. Thomasset, Eds., *Vitamin D. Gene Regulation, Structure-Function Analysis and Clinical Application*, Walter de Gruyter, Berlin, 1991.

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