

Cod-Liver Oil

Though not an herb, cod-liver oil is one of the best-selling supplements on the market for a variety of purported therapeutic benefits. Most benefits are linked to its high content of essential fatty acids (EFAs).

Miscellaneous:

- Cod-liver oil is an excellent source of vitamins A & D.
- Most often found in capsule form.

Uses:

Anti-inflammatory, lipid-lowering, and cholesterol-reducing agent.

*The EFAs needed to gain such effects would result in taking a quantity of cod-liver oil that would most likely simultaneously deliver overdosing amounts of vitamins A and D. Due to this detriment, alternative sources of EFAs should be explored.

Mechanism:

Has solid content of EFAs that are thought to produce the effects desired from using this product. A number of studies, however, have found contradicting evidence with regards to its effectiveness, showing a minimal benefit at best.¹

Contraindications/Side effects:

Pregnancy/breastfeeding. May interact with anticoagulant/antiplatelet drugs.

Citation References:

1. Pierce, A., The American Pharmaceutical Association: *Practical Guide to Natural Medicines*: 1999, pp. 188-190.

General References:

1. Pierce, A., The American Pharmaceutical Association: *Practical Guide to Natural Medicines*: 1999, pp. 188-190.
2. Publications International, LTD., In Consultation with the American Association of Naturopathic Physicians.: *Nature's Pharmacy*: 2001, pp. 190, 222-223.