

HALIBUT

THE INTERESTING FISH

THAT CANNOT LIVE IN

AN AQUARIUM



HALIBUT . . . the interesting fish that cannot live in an aquarium . . .

and how science has found in its liver a rich
new source of two of our most valuable vitamins

The halibut (*hippoglossus*) derives its name from the word *holy*. In olden times it was the fish set apart for the feasts of holy days. We know it in these times as perhaps the largest of the true fishes—specimens weighing 400 pounds are not uncommon, and (although it may be a “fish story”) there is a record of a halibut caught off the coast of France that weighed 720 pounds.

The halibut spends its days in deep northern waters (50 to 500 fathoms; often burrowing in the sands more than a mile below the surface of the water). It quickly dies when exposed to air. Because of the difficulty of taking the halibut alive, and the fact that it can thrive only in deep, cold water, you will not find this fish in the aquariums. However, there are usually on exhibition other members of the same (*flounder*) family, some of which share with the halibut that remarkable characteristic known as the “migrating eye.”

When the fish is young, the eyes are normally placed, one on each side of the head. As it matures, however, the left eye begins a process of migration, and in an adult halibut, we find *both* eyes on the right side. The fish then lies and swims on its left side, which is white, while the right becomes a rich dark brown.

HALIBUT LIVER— RICHEST KNOWN SOURCE OF VITAMINS A and D

Ever since the discovery of Vitamins A and D, Abbott Laboratories has been engaged in the search for new and richer sources of these vitamins.

Cod liver oil had long been regarded as the leading natural source, but the studies made by Rosenheim and Webster and by Schmidt-Nielsen, led to a belief that the oil of halibut livers might have a far greater content of Vitamin A. Experimental supplies of fresh, healthy halibut livers were obtained, and a series of bio-assays conducted, of halibut liver oil, rendered by a special process. It was thus discovered that the Vitamin A potency

YESTERDAY

COD LIVER OIL—

Daily doses of four or more teaspoonfuls. Disagreeable and difficult of administration. Often the cause of nausea and gastric distress.



TODAY

HALIVER OIL—

One 8-min. capsule supplies more Vitamin A than four teaspoonfuls of cod liver oil, and as much Vitamin D as ten drops of Viosterol 250 D.

of halibut oil is *more than 80 times* that of high-grade, medicinal cod liver oil. And, moreover, its Vitamin D content is usually 20 or more times greater than that of cod liver oil.

Obviously, so rich a source of these important vitamins, available in a convenient form, will result in improved nutrition.

Due to the richness of halibut liver oil, as compared to cod liver oil and cod liver oil concentrates, only a fraction of the dose is required to furnish an equivalent amount of Vitamins A and D. This does away with the difficulty of administration, and the nausea and gastric distress resulting from cod liver oil.

In Abbott's Haliver Oil with Viosterol 250 D, the halibut liver oil has been adjusted to a Vitamin A potency more than *80 times* that of high-grade cod liver oil in order that the convenient dose of 10 drops {3 minims} may equal more than 4 teaspoonfuls of cod liver oil. By supplementing its natural Vitamin D content with Viosterol {irradiated ergosterol} the anti-rachitic potency has been increased to equal that of Viosterol 250 D. The dosage of a few drops may be administered once a day, or in divided doses several times daily. Or it may be given in the convenient form of gelatin capsules, equivalent to 3 minims {10 drops} each. These capsules are very small and easy to swallow.

Consult your physician in regard to the use of the scientific nutritional research products of the Abbott Laboratories.



ABBOTT LABORATORIES, North Chicago, Ill., U.S.A.
Manufacturing Pharmaceutical Chemists

New York Philadelphia Chicago Indianapolis St. Louis
Seattle San Francisco Los Angeles
Mexico City London Bombay
In Canada: Abbott Laboratories, Ltd., Montreal