



## Omega 3 Fish Oil Capsules 1000 mg

1000 mg Fish Oil

180 mg EPA

120 mg DHA

Food supplement containing valuable, biologically active Omega 3 fatty acids

### Useful information:

Each Omega 3 Fish Oil capsule contains 1000 mg valuable fish oil with at least 30 % natural, polyunsaturated Omega 3 fatty acids. As necessary, essential nutrients, Omega 3 fatty acids cannot be produced by the human body and therefore should be consumed regularly in foods. Important representatives of Omega 3 fatty acids are DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid), which are proven to contribute towards a healthy, normal heart function (from daily intake of 250 mg). Natural vitamin E also plays a role in protecting cells against oxidative stress.

**Ingredients:** Fish Oil (72 %), Gelatine, humectant Glycerine, Vitamin E, Sunflower Oil.

	per capsule	per daily dose (= 3 capsules)	% of NRV recommended daily dose*
Fish oil	1000 mg	3000 mg	**
of which fat	1000 mg	3000 mg	–
of which saturated fatty acids	273 mg	819 mg	–
polyunsaturated fatty acids	617 mg	1851 mg	–
of which unsaturated fatty acids	224 mg	672 mg	–
polyunsaturated fatty acids	393 mg	1179 mg	–
of which Omega 3 fatty acids	min. 300 mg	min. 900 mg	–
of which:			
EPA	180 mg	540 mg	–
DHA	120 mg	360 mg	–
Vitamin E*** Natural	7 mg (10 I.U.)	21 mg (30 I.U.)	175

\*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

\*\* no reference value available yet

\*\*\* (alpha TE)

**Recommended dose:** swallow 3 capsules whole spread over the course of a day prior to meal times with sufficient liquid.

The capsules are not suitable for people who have difficulty swallowing.

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

**Contents 220 capsules = 294 g**

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