



## Omega 3 Fish Oil Capsules

Food supplement containing valuable, biologically active  
Omega 3 fatty acids  
500 mg fish oil, 90 mg EPA, 60 mg DHA

### Interesting facts:

Each omega-3 fish oil capsule contains 500 mg of valuable fish oil with at least 30 % natural, polyunsaturated omega-3 fatty acids. Omega-3 fatty acids as a vital essential nutrients cannot be produced by the body itself. They must be supplied from an essential outside source. Important representatives of the group of Omega-3 fatty acids are DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid), which are proven to support healthy, normal heart function (from daily intake of 250 mg). Natural vitamin E contributes to cellular protection against oxidative stress.

**Ingredients:** Fish Oil (71 %), Gelatin, Glycerin moisturizer, Vitamin E, filler Sunflower Oil.

	per capsule	per daily dose (=6 capsules)	% of the recommended daily requirement (NRV)*	per 100 g capsules
Fish oil	500 mg	3000 mg	**	71 g
of which is fat	500 mg	3000 mg	-	71 g
of which saturated fatty acids	136.5 mg	819 mg	-	20 g
unsaturated fatty acids	308.5 mg	1851 mg	-	44 g
of which are				16 g
monounsaturated fatty acids	112 mg	672 mg	-	
polyunsaturated fatty acids	196.5 mg	1179 mg	-	28 g
of which are Omega-3 fatty acids	min. 150 mg	min. 900 mg	-	mind. 21 g
of which is				
EPA	90 mg	540 mg	-	13 g
DHA	60 mg	360 mg	-	9 g
Vitamin E (alpha-TE) natural	3.5 mg (5 IU)	21 mg (30 IU)	175	500 mg

\* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

\*\* No reference value has yet been established

### Suggested use:

Take two capsules three times daily. Capsules should be swallowed whole with sufficient liquid before meals.

Keep out of direct sunlight. Store in a dry place below 25° C.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle.

Keep out of reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

**Contents 400 capsules = 272 g**

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