



## Epafit Capsules

For the dietary treatment of inflammatory rheumatism complaints  
with a high dose of Omega-3 fatty acids

### Good to know:

Rheumatism is the term used to describe a multitude of illnesses relating to the musculoskeletal system, which can result in symptoms such as joint pain, morning joint stiffness and joint swelling. Two natural polyunsaturated fatty acids are decisive when it comes to inflammatory rheumatic processes: arachidonic acid, an Omega-6 fatty acid and eicosapentaenoic acid, an Omega-3 fatty acid - also known as EPA.

The current emphasis on meat in today's diet means that it is predominantly the Omega-6 fatty acid, the so-called arachidonic acid, that is absorbed. This is responsible for forming increasing numbers of inflammatory materials and increasing inflammatory rheumatic complaints. In contrast, EPA (eicosapentaenoic acid) acts as an inhibitor to arachidonic acid, and inhibits the formation of these unwanted substances. Switching to a fish-rich diet with a high proportion of Omega-3 fatty acids, in particular EPA (eicosapentaenoic acid) can prevent the formation of these inflammatory substances, and thus improve the general state of health. However, it is almost impossible to guarantee the provision of the required daily amount of Omega-3 fatty acids through a fat-rich fish diet alone. As such, it is sensible to supplement the diet with Omega-3 fatty acids, to which EPA (eicosapentaenoic acid) belongs.

**Ingredients per 100 g:** Omega-3-concentrate made of Fish Oil (74 g), Gelatine, Glycerin humectant, Vitamin E (1708 mg), filler Sunflower Oil.

Average nutritional values	per capsule	per 2 capsules	per 3 capsules	% NRV*	% NRV*	per 100 g
				2 capsules	3 capsules	
Energy value	7 kcal 29 kJ	14 kcal 58 kJ	21 kcal 87 kJ	-	-	797 kcal 3303 kJ
Fat	0,7 g	1.4 g	2.1 g	-	-	80 g
- of which saturated fatty acids	0.004 g	0.008 g	0.012 g	-	-	0.4 g
Carbohydrates	< 0.1 g	< 0.2 g	< 0.3 g	-	-	< 11 g
- of which sugars	0 g	0 g	0 g	-	-	0 g
Protein	0.2 g	0.4 g	0.6 g	-	-	23 g
Salt	0 g	0 g	0 g	-	-	0 g
Vitamin E (alpha-TE) natural	15 mg (22 I.U.)	30 mg (44 I.U.)	45 mg (66 I.U.)	250	375	1,708 mg
Omega-3-concentrate made of fish oil	650 mg	1300 mg	1950 mg	**	**	74 g
- of which Omega 3 fatty acids	488 mg	976 mg	1464 mg	**	**	56 g
- of which EPA	325 mg	650 mg	975 mg	**	**	37 g

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

\*\* No reference value has yet been established

**Recommended use:** Over the first 4 weeks take 3 capsules, thereafter 2, per day, as part of a low-meat, high-fish diet. The capsules should ideally be taken with plenty of liquid before mealtimes.

**Important note:** Epafit Capsules are a supplement for special medical purposes (supplement for a balanced diet), and are not intended as a sole source of nutrition. Only use under doctor's supervision.

Keep dry and out of direct sunlight. Store below 25°C.

Made in Germany

**Contents 90 capsules = 77 g**

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