



Omega 3 Fish Oil Lemon

Food supplement containing valuable, biologically active Omega 3 fatty acids

Good to know:

Numerous studies verify the beneficial effects of Omega 3 fatty acids on the health. However, for most people the proportion of food intake with a high content of Omega 3 fatty acids (e.g. fatty sea fish, walnuts, linseed) is insufficient. Omega 3 Fish Oil Lemon can be highly useful in such cases, as it contains the important Omega 3 fatty acids **DHA** (docosahexaenoic acid) and **EPA** (eicosapentaenoic acid) in high concentrations (approx. 12% DHA or 18 % EPA). The following positive effects have been inspected and confirmed by the EFSA, the European Food Safety Authority:

- From a daily consumption of 250 mg or more, DHA contributes to healthy, normal **brain function and visual acuity**.
- In combination, from a daily intake quantity of 250 mg and more, DHA and EPA contribute to **healthy heart function**.
- From a dose of one tablespoon per day upwards, DHA and EPA contribute towards the **retention of normal blood pressure** values (from 3 g EPA and DHA) and **normal blood lipids** (from 2 g EPA and DHA).

However, Omega 3 Fish Oil Lemon is not just suitable as a food supplement. Due to its pleasant lemon flavour, you can also enjoy it with cold meals (e.g. salad, bruschetta, pesto, smoothies) and thus support your health through your culinary preparation. You will be amazed not to perceive the taste of fish, but rather the fragrance of freshly-pressed lemons, which gives your food a special flavour.

Ingredients: Fish oil (98.5 %), lemon oil.

	Contents per 2.5 ml	Contents per 12 ml	Per 100 ml
Fish oil	2.3 g	11 g	92 g
of which fat	2.3 g	11 g	92 g
of which saturated fatty acids	0.6 g	3 g	25 g
polyunsaturated fatty acids	1.4 g	6.8 g	57 g
of which unsaturated fatty acids	0.5 g	2.5 g	21 g
polyunsaturated fatty acids	0.9 g	4.3 g	36 g
of which Omega 3 fatty acids	690 mg	3300 mg	28 g
of which:			
EPA	425 mg	2040 mg	17 g
DHA	275 mg	1320 mg	11 g

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

Recommended dose: For normal heart function, visual acuity and brain function, take 1/2 teaspoon once daily (=2.5 ml). For the retention of normal blood pressure values and healthy blood lipid values, take 1 tablespoon per day (=12 ml). A daily total intake of 5 g EPA and DHA combined may not be exceeded.

Note: Because fish oil is highly sensitive and susceptible to oxidation, it should never be heated, but rather used in cold meals. Unopened products should not be exposed to direct sunlight and should be stored in a cool, dry place. Once opened, it is best to store the product in a refrigerator and to use it within a short period of time.

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 250 ml

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