



## SUPER OMEGA 3 EPA (60 CAPS.)

PRICE: **49,10** EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PL1515

EAN code: PL1515



### DESCRIPTION OF THE ITEM

## SUPER OMEGA 3 EPA

### DIETARY SUPPLEMENTS

Super Omega-3 EPA is a product that contains fatty acids that are one of the four basic fats that the body assimilates from food. Omega-3 fatty acids are needed for the proper functioning of the body, especially the cardiovascular system. Super Omega-3 EPA contains the following fatty acids:

- EPA - eicosapentaenoic acid
- DHA - docosahexaenoic acid

Both components have a beneficial effect on the human body. DHA, often consumed by mothers, supports proper development of eyesight and brain of the foetus and breastfed children. It is most effective with an intake of 200 mg in excess of the RDI of omega-3 fatty acids for adults, i.e: 250 mg of DHA and eicosapentaenoic acid (EPA).

- EPA and DHA acids contribute to maintaining proper heart functioning - if consumed in the amount of at least

250 mg. Two capsules of the product already provide the abovementioned amounts of these acids. EPA and DHA acids help maintain proper blood pressure - if consumed in the amount of 3 g per day. Please remember not to exceed a daily recommended dose of 5 g EPA and DHA per day. Docosahexaenoic acid (DHA) encourages proper brain functioning. It is most effective with an intake of 250 mg per day

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**INGREDIENTS:**

Fish oil; EPA (eicosapentaenoic acid); DHA (docosahexaenoic acid); capsule shell: gelatin, glycerin, water; aroma: lemon oil

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**KEY INGREDIENTS:**

Content in the recommended serving (6 caps):

EPA - eicosapentaenoic acid.....2280 mg\*

DHA - docosahexaenoic acid..... 1140 mg\*

\*Reference Daily Intake not specified.

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**RECOMMENDED USE:**

1-2 capsules 3 times a day during a meal.

Do not exceed the recommended daily dose.

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**STORAGE CONDITIONS:**

Store in a dry and cool place, out of reach of small children. After opening, store in the fridge.

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Nature's Sunshine encourages a healthy lifestyle. Dietary supplements cannot be used as a substitute for a varied diet. A balanced diet and healthy lifestyle are the basis for the proper functioning of the body.