



Omega 3 Fish Oil Capsules 500 mg XXL economy pack

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

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 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, moisturizer Glycerin, Vitamin E, Sunflower Oil.

	per capsule	per daily dose (=6 capsules)	% of the recommended daily requirement (NRV)*
Fish oil	500 mg	3000 mg	**
of which is fat	500 mg	3000 mg	**
of which saturated fatty acids	136.5 mg	819 mg	**
unsaturated fatty acids	308.5 mg	1851 mg	**
of which monounsaturated fatty acids	112 mg	672 mg	**
polyunsaturated fatty acids	196.5 mg	1179 mg	**
of which Omega-3 fatty acids	min. 150 mg	min. 900 mg	**
of which			
EPA	90 mg	540 mg	**
DHA	60 mg	360 mg	**
Vitamin E*** natural	3.5 mg (5 I.U.)	21 mg (30 I.U.)	175

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

** No reference value has yet been established

*** alpha-TE

Suggested use:

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

Store in a dry place below 25°C. Protect from light.

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 = 679 g (approx. 1000 capsules)

Art. No. 191

Eti1223