



Omega-3 Perilla Oil Capsules

Nutritional supplements
with plant omega-3 fatty acids

Facts to know:

Perilla oil contains in comparison to other plant oils the highest portion of biological active, polyunsaturated Omega-3-fatty acids. Perilla oil is obtained from the seed of the Chinese medicinal and spice plant Perilla (black nettle). It is rich in alpha-linolenic acid (ALA), the only Omega-3-fatty acid, which the body cannot produce by itself. ALA makes a contribution towards maintaining a normal cholesterol level in the blood (from a daily intake of 2 grams).

Each capsule contains 500 mg of pure Perilla oil.

Ingredients: Perilla Oil (73%), Gelatin, moisturizer Glycerin, antioxidant Tocopherol-rich extracts.

	per capsule	per daily dose (= 7 capsules)	per 100 g capsules
Perilla oil	500 mg	3500 mg	73 g
of which Fat	500 mg	3500 mg	73 g
of which saturated fatty acids	45.5 mg	319 mg	7 g
- monounsaturated fatty acids	84 mg	588 mg	12 g
- polyunsaturated fatty acids	370.5 mg	2594 mg	54 g
- of which alpha-linolenic acid	296.5 mg	2076 mg	44 g

No reference value has yet been established for the daily intake according to VO (EU) No. 1169/2011

Recommended dose: Take 3 capsules in the morning, 4 capsules in the evening. The capsules should be swallow whole with sufficient liquid.

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.

Contents 150 capsules = 99 g

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