



Omega-3 Supra-1000 mg Capsules

1000 mg of fish oil, 300 mg EPA, 200 mg DHA

Dietary supplement with fish oil, folic acid, vitamin B1, B6, B12, and E

Good to know: Each capsule contains **1000 mg of fish oil** with a particularly high content of omega-3 fatty acids of more than 60 percent. An important source of the omega-3 fatty acids are **DHA** (docosahexaenoic acid, min. 20%) and **EPA** (eicosapentaenoic acid, min. 30%), which have been proven to **contribute to a normal heart function** (starting from a daily intake of 250 mg). Folic acid and the vitamins B1, B6, B12 and E have a supporting effect. Folic acid **normalizes homocysteine levels**. Vitamin B1 - also known as thiamine - contributes to **normal cardiac function**. The vitamins B6 and B12 help the body produce red blood cells, which carry oxygen to all parts of the body. Vitamin E helps protect cells against oxidative stress.

Ingredients: **Fish oil**, Gelatin, humectant Glycerin, thickener Silicon Dioxide, Vitamin E, filler Sunflower Oil, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Folic Acid, Vitamin B12.

	per capsule	per daily dose (=2 capsules)	% of the recommended daily requirement according to NRV*	per 100 g capsules
Fish oil	1000 mg	2000 mg	**	71 g
of which ist fat	1000 mg	2000 mg	-	71 g
of which are saturated fatty acids	140 mg	280 mg	-	10 g
unsaturated fatty acids	860 mg	1720 mg	-	61 g
of which are				
- monounsaturated fatty acids	170 mg	340 mg	-	12 g
- poly unsaturated fatty acids	690 mg	1380 mg	-	49 g
of which are Omega 3 fatty acids	610 mg	1220 mg	-	43 g
of which				
EPA (eicosapentaenoic acid)	300 mg	600 mg	-	21 g
DHA (docosahexaenoic acid)	200 mg	400 mg	-	14 g
Vitamin E (alpha-TE)	10 mg (15 I.U.)	20 mg (30 I.U.)	167	1 g
Vitamin B6	3 mg	6 mg	429	0,2 g
Vitamin B1	1,5 mg	3 mg	273	0,1 g
Folic acid	300 µg	600 µg	300	21 mg
Vitamin B12	3 µg	6 µg	240	0,2 mg

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

** No reference value has yet been established

Recommended use: Take 1-2 capsules daily during meals. Swallow capsules whole with sufficient liquid. The capsules are not suitable for people who have difficulty swallowing.

Keep out of direct sunlight. Store dry and not above 25°C. Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 120 capsules = 165 g

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