



Omega 3 Fish Oil Capsules 500 mg

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. As vital essential nutrients, omega-3 fatty acids cannot be produced by the body itself. They must be supplied from an essential outside source. The important components of the omega-3 fatty acids DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) help maintain a healthy normal heart function. (from a daily intake of 250 mg each). Natural vitamin E contributes to cellular protection against oxidative stress.

Ingredients: Fish oil (72,5 %), gelatin, glycerin moisturiser, Vitamin E, filler: sunflower oil.

	per capsule	per daily dose (=6 capsules)	% des % of the recommended daily requirement (NRV)*	per 100 g capsules
Fish oil	500 mg	3000 mg	**	72 g
of which is fat	500 mg	3000 mg	-	72 g
of which saturated fatty acids	136,5 mg	819 mg	-	20 g
unsaturated fatty acids	308,5 mg	1851 mg	-	45 g
of which monounsaturated fatty acids	112 mg	672 mg	-	16 g
poly unsaturated fatty acids	196,5 mg	1179 mg	-	28 g
of which Omega-3 fatty acids	min. 150 mg	min. 900 mg	-	min. 22 g
of which is				
EPA	90 mg	540 mg	-	13 g
DHA	60 mg	360 mg	-	9 g
Vitamin E (alpha-TE) natural	3,5 mg (5 I.E.)	21 mg (30 I.E.)	175	507 mg

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

** No reference value has yet been established

Suggested use:

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

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 small children. The recommended daily dose should not be exceeded.

Contents 120 capsules = 80 g

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