Kräuterhaus
Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.
Seit **1903** im Dienste der Gesundheit.

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). Natural vitamin E contributes to cellular protection against oxidative stress.

Ingredients: Fish Oil (71 %), Gelatin, moisturiser: Glycerin, Vitamin E, filler: 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	-
poly unsaturated fatty acids	196,5 mg	1179 mg	-
of which Omega-3 fatty acids	min. 150 mg	min. 900 mg	-
of which is			
EPA	90 mg	540 mg	-
DHA	60 mg	360 mg	-
Vitamin E (alpha-TE) 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

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

Made in Germany

Contents 120 capsules = 81 g

Art. No. 194

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