

Omega 3/6/9

Article no.: 7716

Package size: 60 capsules

Portion size: 1 capsule

Portions per package: 60

Capsule cover: Bovine gelatine

Made in: Austria





With our daily nutrition, we usually take in a disproportionately high amount of fat with a high proportion of saturated fatty acids. In many cases, this leads to increased total cholesterol levels with the associated known risks for the heart, brain and circulation.

The Contents and their Effects:

The replacement of saturated fatty acids with unsaturated fatty acids in the diet helps to maintain a healthy cholesterol level in the blood.

The two Omega 3 unsaturated fatty acids, EPA and DHA, which are found in high concentrations in the oils of coldwater fish, promote heart function.

Alpha linoleic acid also contributes to the maintenance of a balanced cholesterol level in the blood.

Ingredients:

Linseed oil, fish oil (from sardines and anchovies), olive oil, mixed tocopherols; capsule cover: bovine gelatine, filling oil: olive oil.

Recommended intake:

Take 1 capsule twice a day with some liquid.