

Omega 3 EPA

Content
50 Piece / Capsules
PZN 3397179
RRP 26,90 €

Recommended intake
1 capsule / day

without
artificial flavorings, artificial conservation, artificial colorants, genetic engineering

free of
granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin

The heart's desire of your circulation.

Burgerstein Omega-3 EPA contains the omega-3 fatty acids EPA and DHA, with a clear focus on EPA (378 mg EPA | 72 mg DHA). Our capsules are supplemented with vitamin E, one of the most important antioxidants for our body.

The capsules are well tolerated, neutral in taste and are ideally taken for longer periods. Omega-3 fatty acids can be used for prevention as well as therapy to support many diseases. It also shows that the properties and functions of the two most important omega-3 fatty acids EPA and DHA are quite different - even if a clear dividing line cannot always be drawn between the areas of action of EPA and DHA.

The fish oil comes from guaranteed sustainable fishing - certified according to "Friend of the Sea".

Omega-3 EPA supports...

- ... the heart
EPA and DHA contribute to normal heart function
- ... the blood pressure
DHA and EPA contribute to the maintenance of normal blood pressure
Supports triglyceride (cholesterol) levels
DHA and EPA contribute to the maintenance of normal triglyceride levels in the blood

To spur the heart and circulation to top performance and to optimize physical performance, omega-3 fatty acids are the key or an EPA-based diet is of great benefit. EPA (as well as DHA) can thus help to take performance to a new level. EPA is found in high concentrations in tuna, sprat, salmon or herring but also in algae. That's why you should eat good, oily fish 3 times a week. However, if you do not want to include fish in your diet all the time, or it is not necessarily one of the most popular foods, you can alternatively cover your weekly EPA requirement with food supplements.

Which foods are recommended?

To achieve a sufficient intake of omega-3 fatty acids with your daily meals, you should follow these recommendations:

1. Regular consumption of fish (1 to 2 meals per week with fish rich in omega-3 fatty acids).
2. Give preference to rapeseed, soya, walnut, flaxseed and wheat germ oil
3. Eat more vegetables and less meat
4. Avoid industrially processed foods; most contain little omega-3 fatty acids.



Nutritional values	Per daily portion (1 capsule)	NRV*
Energy kJ	30,00 kJ	-
Energy kcal	7,50 kcal	-
Protein	0,20 g	-
Carbohydrates	< 0,10 g	-
Fat	0,70 g	-
thereof saturated fatty acids	14,00 mg	-
thereof trans fatty acids	7,00 mg	-
thereof monounsaturated fatty acids	28,00 mg	-
thereof polyunsaturated fatty acids	651,00 mg	-
thereof omega-3 fatty acids	564,00 mg	-
Omega-3 EPA	378,00 mg	76%
Omega-3 DHA	72,00 mg	14%
Cholesterol	< 1,00 mg	-
Vitamin E	7,50 mg	63%

*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

Ingredients: Fatty acids from fish oil, capsule shell from edible gelatine, humectant (glycerol, sorbitol), vitamin E (mixed tocopherols, d-alpha-tocopherol).

Additional information: Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.