

Omega-3-Supra-1000 mg Capsules

1000 mg 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.

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

	per capsule	per daily dose (=2 capsules)	% of the recommended daily requirement (NRV)*	per 100 g capsules
Fish oil	1000 mg	2000 mg	**	71 g
Of which is 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
- polyunsaturated 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
Of which 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

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

Contents 120 capsules = 165 g

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