

## Product information OMEGA-3 VIDA

**Omega-3 Vida** is a tasteless fish oil with 2750 mg of omega-3 fatty acids per tablespoon. It contains the omega-3 fatty acids EPA and DHA and astaxanthin.

Our fish oil comes from sustainable catch from Norway. It is fished in an environmentally friendly way and complies with all EU regulations.

Omega-3 Vida has a remarkably high content of omega-3 fatty acids. We also add astaxanthin. Omega-3 Vida can also be taken well by children, as it is not encapsulated and is tasteless. We use a natural lemon flavor to optimize the taste.

### Omega-3 fatty acids have the following functions, among others:

- EPA and DHA contribute to normal heart function.
- DHA contributes to the maintenance of normal brain function
- DHA contributes to the maintenance of normal vision
- DHA and EPA contribute to normal blood pressure.

### Advantages of Omega-3 Vida

- No chemicals: bottling is done in the absence of oxygen. We do not use preservatives.
- Without heavy metals.
- Without dioxins.

### Recommended dosage

Take 10 ml (= 1 tablespoon) daily.

For pregnant and nursing women, the legislator recommends a maximum daily dose of 450 mg EPA and DHA (equivalent to ¼ tablespoon).

### Note

Omega-3 Vida contains fish (for allergy sufferers).

### Directions for use

This product is not a substitute for a varied, balanced diet, fresh fruits and vegetables and a healthy lifestyle. Store in a cool, dry place out of the reach of children. Do not exceed the recommended dosage.

### Minimum shelf life

36 months

### Ingredients

Cod liver oil (Norway), fish oil extract (USA), natural citrus flavor Antioxidant: Alpha-tocopherol (vitamin E), astaxanthin.

### Nutritional values

Amount per daily dosage of 10 ml

Omega-3 fatty acids	2750 mg
of which EPA (eicosapentaenoic acid)	1150 mg
of which DHA (docosahexaenoic acid)	1000 mg
Astaxanthin	1 mg

No NRV for this product

### Net quantity

Net content 250 ml

Pharmacode CH

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PZN DE

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PZN AT

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