

Food supplement with omega-3 fatty acids EPA and DHA

Burgerstein Omega-3 liquid is made from sustainable fishing (including no tuna) in controlled quality. It is a tasty oil with natural orange flavor (without the familiar fish taste). Burgerstein Omega-3 liquid contains a balanced ratio of EPA and DHA and can be taken by the whole family, including children from 2 years. The amount of DHA contained in Burgerstein Omega-3 liquid contributes to the maintenance of normal brain and vision function.¹⁾ DHA and EPA support normal heart function.²⁾

1) The positive effect occurs with a daily intake of 250 mg DHA.

2) The positive effect is achieved with a daily intake of 250 mg EPA and DHA combined.

Fields of application	Minimum quantity per day for the application areas	Daily portion Burgerstein Omega-3 liquid
Contributes to normal heart function	EPA and DHA: from 250 mg per day	¼ measuring spoon (1,25 ml)
Contributes to the maintenance of normal brain function	DHA: from 250 mg per day	1 measuring spoon (5 ml)
Contributes to the maintenance of normal vision	DHA: from 250 mg per day	1 measuring spoon (5 ml)
Contributes to the maintenance of normal blood triglyceride levels	EPA and DHA: 2 g per day	2 measuring spoon (10 ml)
Contributes to the maintenance of normal blood pressure	EPA and DHA: 3g per day	2 ½ measuring spoon (12,5 ml)

The enclosed measuring spoon facilitates the exact dosage.

Consumption recommendation

Take 1 measuring spoon (5 ml) daily preferably with a meal. Do not exceed the daily maximum of 3 measuring spoons (15 ml).

Tip

Burgerstein Omega-3 liquid can also be added to food (e.g. smoothies, muesli, salads).

Ingredients

Fish oil, flavor (orange juice flavor), antioxidant (rosemary extract, mixed tocopherols, L-ascorbyl-6-palmitate).

nutritional values	Per daily serving (1 measuring spoon = 5 ml)
energy	169 kJ / 41 kcal
fat	4,6 g
thereof	
saturated fatty acids	1,1 g
monounsaturated fatty acids	1,0 g
polyunsaturated fatty acids	2,0 g
thereof	
fatty acids omega-3	≥ 1,4 g
(≥ 730 mg EPA and ≥ 455 mg DHA)	≥ 1,2 g
carbohydrates	0,0 g
thereof sugar	0,0 g
dietary fibers	0,0 g
protein	0,0 g
salt	0,0 g

The specified daily portion (5 ml) is not suitable for pregnant women and nursing mothers. The daily dosage for pregnant and nursing women is . Measuring spoon (1,25 ml).

After opening, store preferably in a refrigerator and consume within 2 months. Liquid can be kept refrigerated without loss of quality.

Keep out of reach of small children. Do not exceed the recommended daily dose. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

Developed in Switzerland, manufactured in Norway.

Fishing areas:

Atlantic, Mediterranean, Black Sea, Southeast Pacific.



Certified sustainable fishery Purified from pollutants, PCBs and heavy metals.

Distribution:



Antistress AG, Gesellschaft für Gesundheitsschutz
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