





Omega 3 DHA



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Content
60 Piece / Capsules
PZN 4271658
RRP 27,90 €
- 

Recommended intake
2 capsules / day
- 

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

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

Your brain's favourite fatty acid.

An adequate supply of DHA contributes to the maintenance of normal brain function and optimal vision (effect from 250 mg DHA per day).

Burgerstein Omega-3 DHA contains a high proportion of omega-3 fatty acids (470 mg DHA | 130 mg EPA), obtained from pure fish oil. Our formula is supplemented with vitamin E, one of the most important antioxidants for our body. Of course, it is well tolerated and can be taken regularly and long-term.

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 DHA supports...

 - **... the brain**
DHA contributes to the maintenance of normal brain function
 - **... the eyes & vision**
DHA contributes to the maintenance of normal vision
 - **... during pregnancy & breastfeeding**
The intake of docosahexaenoic acid (DHA) by the mother contributes to the normal development of the eyes in the foetus and in the breastfed infant.

Omega-3 fatty acids belong to the long-chain, polyunsaturated fatty acids. They have a positive influence on health and are healthy and vital in small quantities.

In principle, healthy people already consume omega-3 fatty acids in a wholesome and balanced diet. However, if we do not eat fatty sea fish such as mackerel, herring, tuna or salmon, or if we eat a vegan diet, we hardly get any eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). In this case, support through dietary supplements would be a good idea.



Nutritional values	Per daily portion (2 capsules)	NRV*
Energy kJ	41,00 kJ	-
Energy kcal	10,00 kcal	-
Protein	0,30 g	-
Carbohydrates	0,10 g	-
thereof polyhydric alcohols	0,10 g	-
Fat	1,00 g	-
thereof trans fatty acids	< 1,00 mg	-
thereof unsaturated fatty acids	80,00 mg	-
thereof monounsaturated fatty acids	150,00 mg	-
thereof polyunsaturated fatty acids	750,00 mg	-
thereof omega-3 fatty acids	700,00 mg	-
Omega-3 EPA	106,00 mg	21%
Omega-3 DHA	500,00 mg	100%
Vitamin E	12,00 mg	100%

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