

PRODUCT INFORMATION

Omega 3

Omega 3 – poly-unsaturated fatty acids from fish oils lower the triglyceride levels and protect against cardiovascular diseases.

Basic Facts

Fats can be divided into essential and non-essential fatty acids. The non-essential fatty acids need not be ingested with food as they can be produced by the body itself from essential fatty acids and other food components like carbohydrates.

Most of the fats we ingest are so-called saturated, non-essential fats. Among them are mostly animal fats. They make our food taste more delicious, are stable chemical compounds (saturated) and can be used for cooking and baking. Excess intake of these fats, however, is also responsible for many of the diseases of the Western civilization like atherosclerosis, cardiac disease and obesity.

Essential fatty acids are so-called unsaturated fatty acids. Unsaturated means that they have one or several double bonds between two carbon molecules – they are mono- or poly-unsaturated. They cannot be produced by the body itself and therefore they have to be ingested. Due to their chemical structure they are very instable. They have to be consumed fresh since they last for a very short period only once they are extracted. Essential fatty acids are needed by the body for many diverse, partly vital functions. The lack of these acids can cause a number of diseases like Alzheimer's disease, dementia, depression, cardiac diseases, diabetes, hyperlipidaemia, allergies, asthma and skin diseases.

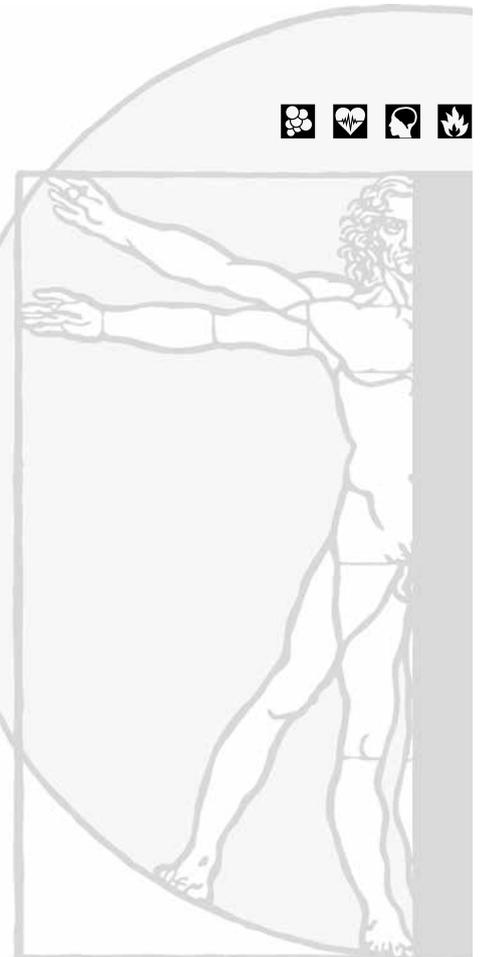
Among the most important essential fatty acids are DHA – docosahexaen acid and EPA – eicosapentaen acid. Although their formula has been known for years, the knowledge of DHA and EPA was more or less limited to the fact that they are found in cold-water fish like salmon, sardines, tuna, mackerel and in algae together and that both belong to the omega 3 fatty acids.

Effects

There are two main groups of essential fatty acids: omega 3 fats, among them alpha-linolenic acid (ALA), and omega 6 fats. Linoleic acid belongs to the last group. Both are long-chain, poly-unsaturated fatty acids. In case of sufficient intake, the body is usually able to convert ALA from the omega 3 family at least partially into the longer-chain fatty acids eicosapentaen acid (EPA) and docosahexaen acid (DHA). This conversion is effected – very slowly – with the help of desaturase enzymes, the so-called «catalysts of our body», which are found in many tissues.

ALA, DHA and EPA have different metabolic effects. It is therefore very important that they are taken in sufficient quantities. Furthermore, omega 3 and omega 6 fats must be available in the right proportion. An excessive omega 6 intake may damage the health. Omega 3 fats, however, help to reduce these damaging effects. Omega 3 fats are found in cold-water fish and algae from northerly seas as they protect against the cold. Warm-water fish, however, produce more omega 6 fats. Most of the plant oils contain omega 6 fats but only very few omega 3 fats. Many experts are of the opinion that the higher the omega 3 fat intake the better for the organism. In most people the ratio of omega 6 to omega 3 fats is 20 to 1. However, an optimal distribution would be at least 6 to 1 or even 3 to 1.

Cultures using only little fish in their nutrition show markedly lower DHA levels in the brain than inhabitants of coastal areas. Moreover, in many people who eat «consciously» an almost fat-free diet, the proportion of saturated fatty acids decreases, but unfortunately also the intake of omega 3 fats.



Composition

One softgel contains: 1000 mg fish oil concentrate (contains EPA 500 mg, DHA 250 mg) in pharmaceutical grade. Other Ingredients: glycerin, water and vitamin E as natural D-alpha tocopherol.

The omega 3 softgel contains gelatin, traces of anchovies and vitamin E (from soy). The fish oil is a product from Chile and Peru.

Dosage

In normal cases take 1 softgel in the morning and 1 softgel in the evening at meal-times with plenty of fluid. If you experience deficiency symptoms increase dosage accordingly.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

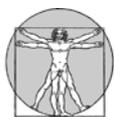
Store in a cool and dry environment, out of reach for children.

Omega 3 Product Groups

Omega 3 can be found in the following product groups (www.vitabasix.com):

-  **Metabolism & Weight**
-  **Cardiovascular System**
-  **Brain & Memory**
-  **Pain & Inflammation**

Manufacturer:



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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

Subject to alterations and printing errors. Version May 2020