

# OMEGA 3 LIFE HEART AND BRAIN SUPPORT

Omega-3 and essential fatty acid

Highly Concentrated

High Content Of EPA And DHA

Promotes Good Cardiovascular Health



## Product description

Fats are important for our body and Omega-3, which can be found in fatty fish, rapeseed oil and linseed oil, is a common fatty acid to get too little of. The body forms most of the fats it needs from carbohydrates and protein. However, not polyunsaturated fats, but these we must supply via the diet. Polyunsaturated fats are essential, ie. essential and the most important polyunsaturated fats are omega-3 and omega-6.

## Important functions of Omega 3s

Positive effects of Omega-3:

- Reduces inflammation and allergic reactions (EPA)
- Reduces stress hormones (EPA)
- Counteracts metabolic syndrome and diabetes (EPA)
- Promotes fat burning (EPA)
- DHA has shown a positive effect on children with reading and writing difficulties, concentration difficulties, dyslexia, hyperactivity, ADHD

## Supplemental facts and Ingredients



KEEPS THE CELL SURFACE SOFT AND CONTRIBUTES TO THE NORMAL FUNCTION OF THE HEART AND BRAIN HEALTH, AND SUPPORTS PROTECTION AGAINST OXIDATIVE STRESS.

Dietary supplements should not be used as an alternative to a varied diet. The recommended dosage should not be extended. Store at a cool, dry place out of reach of children.

IF PREGNANT, CONSULT YOUR HEALTH-CARE PRACTITIONER BEFORE

Consumer contact:  
[nordicwell.eu](http://nordicwell.eu)

**OMEGA 3 LIFE**

**OMEGA 3  
EPA 330 MG  
DHA 220 MG**

HEART AND BRAIN SUPPORT  
120 CAPSULES

SUPPLEMENT FACTS		
Serving size: 2 capsules		
Serving per container: 60		
Amount per serving		% DRI*
Fish oil	2000 mg	**
- of which EPA (eicosapentaenoic acid)	660 mg	**
- of which DHA (docosahexaenoic acid)	440 mg	**
- of which other omega-3 fatty acids	100 mg	**
Vitamin E	4 mg	17%

\* Daily Recommended Intake  
\*\* Not Established

OTHER INGREDIENTS: fish oil (80% omega-3 fatty acids), capsule shell (bovine gelatin, glycerol, water, vitamin E (alpha-tocopherol)).

ALLERGY INFORMATION: Contains fish

DOSAGE: 2 capsules a day preferable with a meal

DIETARY SUPPLEMENT



The recommended dose should not be exceeded. Dietary supplements should not be used as an alternative to a varied diet. Keep out of the reach of small children. Use it with care and speak with a doctor before taking it.

## How to use

2 capsules per day, preferable with a meal.

To further boost your immune system, add our D3 K2 and Astaxanthin as an additional support to obtain a more powerful uptake in your body.



## Warning

The recommended dose should not be exceeded. Dietary supplements should not be used as an alternative to a varied diet. Keep out of the reach of small children.

## **Storage**

Keep in a cool temperature, preferably in a dark and cool area such as the fridge, when opened. An unopened can should be stored dry and in a dark area.

## **Omega 3 sources**

They are primarily found in fatty fish such as salmon, herring, anchovies, sardines and mackerel.

## **Omega 3**

Omega 3 are polyunsaturated fatty acids found in fish and plants. The body depends on these fatty acids for important body functions.

The body depends on getting the omega 3 fatty acids from the food we eat. From plants we can only get the short omega 3 fatty acid alpha-linolenic acid (ALA) and from marine animals we can get the long omega 3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). It is these long fatty acid chains that the body can benefit from.

## **Essential omega 3 fatty acids**

ALA is an essential omega 3 fatty acid as the body cannot produce it itself. But we also call DHA and EPA essential fatty acids because they cannot be converted from other types of fat, but must be supplied to the body via food or converted from the essential fatty acid ALA.

## **Omega 3 is good for the body**

Research has shown that the essential fatty acids are good for the body. The long omega 3 fatty acids EPA and DHA are built into the cell surface, where they can be converted into signaling substances (eicosanoids) in the body.

Highly unsaturated fat in the form of the omega 3 fatty acids DHA and EPA keeps the cell surface soft and contributes to the normal function of the heart\*. The fatty acid DHA, in turn, contributes to maintaining normal brain function and normal eyesight\*.

## **Omega 3 fatty acids from plants or fish**

Omega 3 from the plant kingdom comes in the form of the short ALA fatty acid and must be converted to the long EPA fatty acids and further to DHA before the body can make use of it.

Fish and marine animals that feed on EPA- and DHA-rich algae get a high content of these fatty acids. Small sea animals are eaten by larger sea animals, and in this way the long omega 3 fatty acids are concentrated in the sea animals. People who then eat these sea creatures get an increased amount of the healthy unsaturated fatty acids in the body.

Humans probably do not convert ALA to EPA efficiently. Therefore, we have to eat much more vegetable oils than fish oils to achieve the same level of the omega 3 fatty acids EPA and DHA in the body.

## **EPA and DHA**

Omega-3 consists of polyunsaturated fatty acids that have vital functions in the body. Omega-3 contains the fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) which, among other things, contribute to the normal functioning of the heart, brain and eyes.

## **Omega 3 and omega 6 fatty acids in the diet**

Omega 3 in the diet often comes from rapeseed oil-based cooking fat, for example liquid margarine (contains short fatty acids, ALA) and from fish (contains long fatty acids, EPA and DHA). Some nuts, such as walnuts, also provide some omega 3. Olive oil, corn and sunflower oil contain small amounts of omega 3 fatty acids.

The balance between the different fatty acids is important. The body does not only need to get unsaturated fatty acids. To get an optimal effect, they must be taken in a balanced amount.

In today's diet, it is common for us to get too much omega 6 fatty acids from margarine and vegetable oils compared to omega 3 fatty acids from fish and seafood.

Omega 3 and omega 6 fatty acids give rise to different signaling substances, often with the opposite effect. Therefore, an imbalance between these fatty acids can

lead to poorer health. The difference between omega 3 and omega 6 is that omega 3 has a double bond three links from the end of the fatty acid chain, while omega 6 has a double bond six links from the end.

### **Why take Omega3 and health effects of Omega-3**

- Good for the heart

The omega-3 fatty acids EPA and DHA contribute to maintaining the normal function of the heart. A positive health effect is achieved with a daily intake of 250 mg of EPA and DHA.

- Good for the brain

The omega-3 fatty acid DHA contributes to maintaining the normal function of the brain. A positive health effect is achieved with a daily intake of 250 mg of DHA.

- Good for eyesight

The omega-3 fatty acid DHA contributes to maintaining the normal function of vision. A positive health effect is achieved with a daily intake of 250 mg of DHA.



**GLUTEN  
FREE**



**GMO  
FREE**



**SUGAR  
FREE**



**LACTOSE  
FREE**

Committed to meeting quality standards. BRC Food Safety . FEMAS . FSMA . Informed  
Manufacturer. Soil Association Organic . Halal . Kosher .



[www.nordicwell.eu](http://www.nordicwell.eu)

Product by NordicWell Supplements

