

Overview

Omega-3 Liquid Bundle Intensive Perfect (Vitals + MeinLabtest)



Product number: EVF004

Price

€245.00

previously €209.70

Prices incl. VAT plus shipping costs



Options

Bundleart

Intensive

Intensive perfection

Normal

Perfectly normal

Description

Our bundle "Intensiv Perfekt": 2 x Omega-3-Index blood test from Medivere plus 7 x Vitals Liquid EPA/DHA 1200 mg

An initial test establishes the requirement. If the test result is relatively poor with an index of 4–6% (which can be expected fairly often with a correspondingly mediocre diet), you should dose the first two bottles so that you take about 4000 mg DHA+EPA daily. That corresponds to 16 ml of fish oil, taken throughout the day. Afterwards you reduce the amount to about 2000 mg DHA/EPA daily, which would be 9 ml of fish oil. After 4–5 months you can check the improvement with another Omega-3 Index test. If good progress has been made or the value is above an Omega-3 Index of 7, you can reduce the intake to 5 ml daily, or with correspondingly good nutrition, e.g. eating fish more often, 2.5 ml daily (approx. 600 mg DHA+EPA)

The Omega-3 Index test from MeinLabtest provides the desired results quickly and easily. You do not need a doctor for the dispatch of more detailed evaluation and advisory materials; the manufacturer sends them directly to the customer. Therefore "perfect" — full information plus an even more detailed analysis of blood lipids, without additional hassle with extra therapist consultations.

The Omega-3 product in this bundle is called Liquid EPA/DHA 1200 mg and has a high content of EPA and DHA. You can find more detailed information about the product there; here are the necessary nutritional values for our bundle:

Key ingredients

Intake during consumption of the first 2 bottles for rapid replenishment of an Omega-3 deficit (approx. 24 days):

Key ingredients*	per daily serving 17 ml
Fish oil concentrate (triglycerides)	15640 mg
– of which EPA (eicosapentaenoic acid)	2516 mg
– of which DHA (docosahexaenoic acid)	1564 mg

* No reference intake specified according to LMIV

From the third bottle, reduce to about 2000 mg DHA+EPA:

Key ingredients

Intake

Key ingredients*	per daily serving 8.5 ml
Fish oil concentrate (triglycerides)	7820 mg
– of which EPA (eicosapentaenoic acid)	1258 mg
– of which DHA (docosahexaenoic acid)	782 mg

* No reference intake specified according to LMIV

Ingredients

Fish oil, lemon flavour, antioxidants (rosemary extract, ascorbyl palmitate and tocopherol-rich extracts).

Recommended intake for our bundle "Intensiv"

Adults take 17 ml spread over the day. If measuring this causes problems, we recommend either our dosing syringes or that you get a precision scale and measure out 15.2 g (oil is lighter than water). This is continued in this way during the first 24 days / 2 bottles.

From day 25 or with the start of the third bottle, adults take only 8.5 ml daily.

The entire bundle of 7 bottles therefore lasts approx. 5 months. After this period, it is advisable to check the success with an Omega-3 Index test.

Note

The additional daily intake of EPA and DHA together should not exceed 5 grams (approx. 4 teaspoons [= 20 ml] Liquid EPA/DHA 1200 mg). If you suffer or have suffered from atrial fibrillation, use dosages of more than 1000 mg EPA/DHA only in consultation with a doctor. Omega-3 fatty acids have a blood-thinning effect. This is desirable in itself, but if you are already taking blood-thinning medication, be sure to discuss this with your doctor so that the blood-thinning effects do not undesirably add up.

Storage instructions

Store unopened packages at room temperature. After opening, keep refrigerated and use within 3 months.

Legal notice

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

Product information

Application:	Eyes, Brain, Heart & Blood Vessels
Dosage form:	As an oil in an amber glass bottle.
Allergens:	Fish
Product type:	Dietary supplements
Name of the foodstuff:	Food supplements with fish oil