Adresse:
Talstr. 7
01099 Dresden

Kontakt:
Telefon: 015773998502
E-Mail: pdf@energyvital.de

Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Ovega3 Omega-3 DHA and EPA plus vitamins, 90 VegeCaps

Product number: EB3144



Price

€28.22

~~€37.90~~ (25.54% saved)

previously €37.90

Prices incl. VAT plus shipping costs

Description

Plant-based omega-3 in triglyceride form with three natural vitamins.

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The omega-3 fatty acids DHA and EPA are important for the brain. They also help to maintain vision. In addition, they support normal heart function. Ovega3® Vitamine is a supplement. It contains plant-based omega-3 DHA and EPA from algae. It also includes three natural vitamins: D3, K2 and B12.

The new type of omega-3 comes directly from microalgae. These algae are the primary source of omega-3. They grow in specialised environments. There they are very pure.

Why choose Ovega3® Vitamine?

- **Purity**: Cultivated in controlled areas. There is no mercury or heavy metals. These substances do not accumulate in fish.
- **Sustainability** means we do not catch fish. We protect the oceans. The environmental impact is low. There is no problem with bycatch.
- **TG form**: Omega-3 in the natural triglyceride form, well utilised.
- **User-friendly**: soft, small capsules with no aftertaste.
- **Limited edition**: packaging made from recycled cardboard – for the 25th anniversary of EnergyBalance®.

Benefits confirmed by EFSA.

The omega-3 fatty acids and vitamins are supported by EFSA for various reasons.

- DHA and EPA help to maintain a healthy heart.
- DHA helps to maintain normal vision and brain function. (EFSA Journal 2010; Volume 8, Issue 10, page 1734)
- Vitamin D3 helps to keep our bones, teeth and muscles healthy. It also supports the immune system.
- Vitamin K2 helps blood to clot properly. It is important for strong bones.
- Vitamin B12 contributes to the formation of red blood cells. It supports energy metabolism. It reduces tiredness and fatigue.

When should I take it?

Ovega3 Vitamine are suitable for daily nutrition. They help in challenging times. They support the heart, brain, eyes and bones. The normal amount for omega-3 and vitamins is 2 soft capsules per day. However, up to 12 capsules per day can be taken if more is needed. See the table on the packaging.

Nutritional declaration

Micronutrients	per daily serving (2 capsules)
Vitamin D	3.33 µg (66 %*)
Vitamin K	16.7 µg (21 %*)
Vitamin B12	1.48 µg (60 %*)

*Reference intake according to Regulation (EU) No 1169/2011

Key active ingredients

Key active substances*	per daily serving (2 capsules)
DHA	96 mg
EPA	404

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* No reference amount is specified according to the Food Information Regulation (FIR)

Ingredients

Omega-3 algal oil from the microalga Schizochytrium sp., Vitamin B12 (cyanocobalamin), Vitamin K2 (MK-7), Vitamin D3 (cholecalciferol).
Excipients: glyceryl monostearate, soy lecithin. Capsule shell: modified starch, carrageenan, humectant: palm-free glycerin; purified water, colourant: riboflavin (vit. B2).

Recommended intake

2 capsules before or during a meal (up to 12 capsules for specific therapeutic needs - see table on the packaging).

Caution

Patients taking anticoagulants should consult their doctor before taking vitamin K preparations. Daily intake of 3 g DHA and EPA should not be exceeded (12 capsules). According to Swiss legislation, pregnant and breastfeeding women should not take more than 450 mg DHA + EPA per day.

Notes from EnergyVital

Only if necessary professional notes or recommendations that are important to mention from us directly, not from the manufacturer. Attention: From here everything will in future move towards the product characteristics table; existing articles will change over time!

Storage instructions

Store in a cool, dry place protected from light (do not refrigerate).

Legal information

The recommended daily intake should not be exceeded. Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of reach of young children.

Product information

Dosage form:	In vegan capsules.
Micronutrients:	Vitamin B12, Vitamin D, Vitamin K
Quality:	Free from magnesium stearate, Gluten-free, Lactose-free, Vegan, Vegetarian
Product type:	Dietary supplements