

# Omega 3 vegan DHA & EPA 450



## Vegan Omega-3 fatty acids for health and healthy oceans

Microalgae were among the first inhabitants of the earth billions of years ago. A frugal representative of microalgae is Schizochytrium sp. - this algae does not need light and feeds on organic material. In order to grow, the algae produce large quantities of the long-chain, unsaturated omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) under their own power.

These omega-3 fatty acids are an important part of any healthy and balanced diet. For example, the daily intake of these essential fatty acids makes a significant contribution to maintaining normal heart and brain functions and is important for the normal functioning of the eyes. Fish and fish oil provide EPA and DHA, accumulated from the consumption of algae. For all people who want to eat a vegan diet or want to avoid fish and fish oils for other reasons, we have gone directly to the source with the raw material used here: Biogena Omega 3 vegan DHA & EPA 450 contains a quality-tested algae oil from Schizochytrium sp. The algae are cultivated in sustainable indoor culture and then fermented. Through this method of production, the resources of the sea are preserved and the fish stocks remain unaffected. So with each capsule of Omega 3 vegan DHA & EPA 450 you not only make an important contribution to your health, but also take a decisive step towards sustainability and environmental protection.

As a special feature of this exclusive gold product, both DHA and EPA are contained in high dosages: The recommended daily dose of 3 capsules contains 1350 mg (900 mg DHA and 450 mg EPA) of these valuable omega-3 fatty acids. Omega 3 vegan DHA & EPA 450 - the new measure for all who want to eat free of animal foods.

## Omega 3 vegan DHA & EPA 450

- Contains high doses of EPA and DHA from a vegan vegetable-based source (microalgae Schizochytrium sp.)
- The daily intake of 250 mg EPA and DHA supports normal heart function
- 250 mg DHA daily helps to maintain normal brain function
- Daily 250 mg DHA helps to maintain normal vision

## Possible applications

- For the daily supply of essential polyunsaturated fatty acids from purely vegetable sources
- For vegetarians and vegans for a targeted supply of the omega-3 fatty acids EPA and DHA
- To support normal heart function
- To maintain normal brain and visual function

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**BIOGENA**  
GOOD HEALTH FOR ME

### Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	3 capsules	% NRV*
Oil from microalgae Schizochytrium sp.	3000 mg	-
<i>containing: docosahexaenoic acid (DHA)</i>	900 mg	-
<i>containing: eicosapentaenoic acid (EPA)</i>	450 mg	-

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

### INGREDIENTS

DHA and EPA-rich oil from the microalgae Schizochytrium sp., modified starch (capsule shell), sunflower oil, antioxidants: extracts of rosemary, tocopherol-rich extract, ascorbyl palmitate.

### RECOMMENDED DOSAGE

3 capsules daily taken with a meal and plenty of liquid. Pregnant and breastfeeding women: 1 capsule daily taken with a meal and plenty of liquid.

### NOTE

Food supplement in accordance with EU Directive 2002/46/EC

### PACKAGE SIZE AND CONTENT

90 capsules (1 month supply), 114 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version: 28.07.2022



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