

WEIDER

DECATHLON



OMEGA 3 CAPS

Fish oil capsules containing omega 3 fatty acids to ingest.



FIRST NAME IN SPORT NUTRITION

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OMEGA 3 CAPS

Fish oil capsules containing omega 3 fatty acids to ingest.

- From high-quality fish oil
- Combined sources: EPA and DHA
- Enriched with Vitamin E

Omega 3 by Weider supplements your daily diet with essential fatty acids.

Omega 3 fatty acids are essential in our diet, which means the body needs them to function properly, but it cannot synthesize them. This means we need to eat them in our food.

Omega 3 fatty acids can be found in seafood, such as blue fish and also in lower concentrations in seeds. In general, however, they are only found in low concentrations in other foods. Deficiency can therefore be prevented by taking high-quality supplements.

Each daily softgel capsule provides Omega 3 in a comfortable and easy to swallow way: 350 mg of EPA and 250 mg of DHA.

- Eicosapentaenoic (EPA) and docosahexaenoic acids (DHA) contribute to the normal functioning of the heart.
- DHA (docosahexaenoic acid) contributes to the maintenance of vision under normal conditions.
- DHA (docosahexaenoic acid) also helps to maintain the normal functioning of the brain.

Each softgel capsule has also been enriched with 41% of the Nutrient Reference Value of vitamin E which helps to protect cells from oxidative damage.

An adequate intake of omega 3 is essential for everyone, making it especially important for people who do not include a lot of blue fish in their diet, athletes with high nutritional requirements and people who want to ensure optimum heart health.

INGREDIENTS: Fish Oil, Gelatine, Humectant: Glycerol; Water, Vitamin E (D-Alpha-Tocopherol), Antioxidants (Rosemary Oil).

DIRECTIONS: Take 2 softgels daily with a meal.

PRESENTATION: 82 g = 60 capsules = 60 portions

Nutritional Information	per 2 capsule	% VNR
Vitamin E	6,7 mg	56
Fish oil	2000 mg	
- of which omega-3 fatty acids	1260 mg	
- of which EPA (eicosapentaenoic acid)	700 mg	
- of which DHA (docosahexaenoic acid)	500 mg	

*% VRN = Reference intake for an average adult

