

BIOGENA SPORTS - Vegan Omega-3 Oil



High-quality omega-3 fatty acids from plant sources in our sports line

Omega-3 fatty acids are a real game changer for athletes! They not only contribute to heart health, but also support vision and brain function¹⁾.

Scientific studies have now clearly shown how crucial an adequate supply of omega-3 fatty acids is for health¹⁾. The intake of these essential fatty acids therefore also plays a special role for people who are active in sports with regard to their cardiovascular fitness and cognitive performance¹⁾. An omega-3 index target range of 8-11% is considered desirable for athletes. In both competitive and recreational sports, sports nutritionists recommend an intake of 1-2 g of omega-3 fatty acids in the form of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) to support optimal heart and brain function in all phases of training and competition. Anyone aiming for peak performance should therefore integrate omega-3 fatty acids as an integral part of their training plan.

In recent years, the oil from the microalgae *Schizochytrium sp.* has established itself as an excellent vegan alternative to fish and krill oils. It is therefore an excellent omega-3 alternative not only for people with a plant-based diet, but also for people who care about sustainability. The oil is obtained by physical extraction processes without the use of organic solvents, which ensures the highest purity and quality.

BIOGENA SPORTS Omega-3 Oil vegan provides high-quality omega-3 fatty acids in the form of EPA, DHA and DPA (docosapentaenoic acid) from vegetable algae oil combined with sunflower oil in liquid form. The natural flavor gives the oil a refreshing lemon note. It can either be enjoyed pure or stirred into cold dishes such as salads and yogurt.

With a high dosage of 2100 mg omega-3 fatty acids per daily dose, the product is the ideal choice for athletes to support mental and physical well-being during periods of increased stress.

BIOGENA SPORTS Omega-3 Oil vegan - fit and focused to peak form

¹⁾The daily intake of a total of 250 mg EPA and DHA contributes to the maintenance of normal heart function. A daily intake of 250 mg DHA supports the maintenance of vision and normal brain function.

Possible applications:

- For the targeted supply of essential polyunsaturated fatty acids of purely vegetable origin
- Omega-3 supply for athletes in every training and performance phase
- For nutritional support of normal heart function for athletes who want to support their cardiovascular health for optimal performance and endurance.
- To maintain normal brain and visual function. Important for athletes to stay focused and responsive.
- For people on vegan and vegetarian diets

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WELCOME TO YOURSELF

- For athletes who want to bring and maintain their omega-3 index in the desired ranges.

INGREDIENTS per daily dose	5 ml	% NRV*
Total omega-3 fatty acids	2100 mg	-
containing: docosahexaenoic acid (DHA)	1250 mg	-
containing: eicosapentaenoic acid (EPA)	650 mg	-
containing: Docosapentaenoic acid (DPA)	137 mg	-

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

INGREDIENTS

DHA and EPA-rich oil from the microalgae Schizochytrium sp., sunflower oil, natural flavouring, antioxidants: extracts of rosemary, tocopherol-rich extract, ascorbyl palmitate.

RECOMMENDED DOSAGE

5 ml daily taken with a meal. With dosing cup.

NOTE

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

ADDITIONAL NOTE

Only recommended for adults except pregnant and breastfeeding women.

PACKAGE SIZE AND CONTENT

100 ml

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store unopened at room temperature, dry and protected from light. Once opened, keep refrigerated and protected from light and use within 6 weeks. Keep out of the reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version: 24.09.2024



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