

BIOGENA SPORTS - Omega-3 Oil vegan



High-quality plant-based omega-3 fatty acids 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 demonstrated how crucial an adequate supply of omega-3 fatty acids ^{is for^{health}1)}. The intake of these essential fatty acids therefore plays a particularly important role for physically active individuals in terms of their cardiovascular fitness and cognitive ^{performance¹⁾}. For athletes, an omega-3 index target range of 8–11% is considered desirable. In both competitive and recreational sports, sports nutrition experts 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 during all phases of training and competition. Those aiming for peak performance should therefore integrate omega-3 fatty acids as a regular part of their training plan.

In recent years, oil derived from the microalgae *Schizochytrium sp.* has established itself as an excellent vegan alternative to fish and krill oils. Therefore, it represents an excellent omega-3 option not only for those following a plant-based diet but also for people who care about sustainability. The oil is obtained through physical extraction processes without the use of organic solvents, ensuring 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 plant-based algae oil combined with olive oil in liquid form. Thanks to its natural flavor, the oil has a refreshing lemon note. It can be enjoyed neat or stirred into cold dishes such as salads and yogurt.


With a high dosage of 2100 mg of omega-3 fatty acids per daily serving, this 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 for peak performance

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

- For the targeted intake of essential polyunsaturated fatty acids of purely plant origin
- Omega-3 supplementation 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 following a vegan or vegetarian diet
- For athletes who want to bring and maintain their omega-3 index within the desired range.

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| INGREDIENTS per daily dose | 1 milliliter | % 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., olive oil, sunflower oil, natural flavouring, antioxidants: tocopherol-rich extracts, rosemary extract, ascorbyl palmitate.

RECOMMENDED DOSAGE

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

NOTE

Dietary supplements in accordance with EU Directive 2002/46/EC

ADDITIONAL NOTE

Recommended for adults only, except for pregnant and breastfeeding women.

PACKAGE SIZE AND CONTENT

150 ml (30 servings)

Dietary supplements: Do not exceed the recommended daily intake. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store unopened at room temperature (≤ 25 °C) in a dry place away from light. Keep away from heat. Once opened, store in the refrigerator and use within 6 weeks. This product may develop a sediment, which does not affect its quality. Keep out of reach of children. Suitable for people with diabetes. The information provided is not intended as medical advice or a recommendation for self-medication. Subject to any printing or typographical errors.



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