

# DHA 250



## For normal brain and visual function

### DHA: an essential omega-3 fatty acid

Docosahexaenoic acid, or DHA for short, is an essential omega-3 fatty acid that is primarily found in oily fish. Theoretically, DHA can also be produced from the plant-based omega-3 fatty acid alpha-linolenic acid, but its production in the body is very inefficient.

DHA functions in the body as a building block of cell membranes. High concentrations are found in particular in the retina of the eye and in nerve cells. Up to 97% of the omega-3 fatty acids in the brain and up to 93% of the omega-3 fatty acids in the retina consist of DHA.

### DHA 250: DHA from ultra-pure quality fish oil

DHA 250 consists of highly concentrated ultra-pure fish oil and contains particularly high levels of docosahexaenoic acid (DHA). This essential omega-3 fatty acid supports normal brain function and contributes to the maintenance of vision. DHA is only found in large quantities in fatty fish and fish oils.

### Physiological functions of DHA:

- DHA is significantly involved in the maintenance of normal brain function and vision. The positive effect is achieved with a daily intake of 250 mg DHA.
- DHA and EPA play an important role in maintaining normal heart function. The positive effect is achieved with a daily intake of 250 mg DHA and EPA.

### Possible uses:

- If you do not eat fish or consume little fish
- To maintain normal vision
- For the targeted supply of the brain

### Bioavailable micronutrients in pure form

- According to the pure substance principle
- Without colorants and flavorings
- Gluten-free
- Fructose-free
- Lactose-free
- Tested quality

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INGREDIENTS per daily dose	1 Capsule	% NRV*
Fish oil concentrate	500 mg	-
<i>containing: docosahexaenoic acid (DHA)</i>	250 mg	-
<i>containing: eicosapentaenoic acid (EPA)</i>	50 mg	-
Vitamin E (mg alpha-TE)	8 mg	67

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

## INGREDIENTS

**fish** oil concentrate, capsule shell (gelatine from **fish**, humectant: glycerol), D-alpha-tocopherol, mixed tocopherols.

## RECOMMENDED DOSAGE

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

120 capsules (pack for 4 months), 80 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. 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: 13.11.2023.



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