

# Omega 3 duo - 120 Capsules



## Omega-3 fatty acids from fish and linseed oil

### Omega-3 fatty acids: Vital like vitamins

The body needs to consume polyunsaturated fatty acids just as much as vitamins and minerals. Thanks to long-term observations and scientific studies, we now know exactly how important a sufficient intake of omega-3 fatty acids is for us humans. The focus of interest for nutritionists is on alpha-linolenic acid (ALA) from plant sources as well as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) from cold-water fish. At the cellular level, omega-3 and omega-6 fatty acids fulfill different functions in the body. Ideally, they complement each other perfectly, but this mixture is not so easy to achieve, as these fatty acids are often ingested with food in an imbalance in favor of the omega-6 fatty acids. In order to achieve an optimal omega-3 to omega-6 fatty acid ratio, it is advisable to supplement the diet with omega-3 fatty acids. The heart also benefits from a targeted intake.

Omega 3 duo from Biogena contains a balanced combination of plant and animal omega-3 fatty acids from high-quality sources. It increases the supply of essential omega-3 fatty acids and thus makes a decisive contribution to the maintenance of well-being and normal heart function

### Biogena Omega 3 duo

- The daily intake of a total of 250 mg EPA and DHA contributes to the maintenance of normal heart function
- Vitamin E contributes to the protection of cells from oxidative stress through its antioxidant properties

### Possible applications:

- To support the heart
- To support omega-3 intake, especially in cases of low fish consumption, fish avoidance or increased demand

### 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	700 mg	-
<i>containing: eicosapentaenoic acid (EPA)</i>	280 mg	-
<i>containing: docosahexaenoic acid (DHA)</i>	210 mg	-
Linseed oil	330 mg	-
<i>containing: Alpha-linolenic acid (ALA)</i>	150 mg	-
Vitamin E (mg alpha-TE)	10 mg	83

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

## INGREDIENTS

**fish** oil concentrate, capsule shell (gelatine from **fish**, humectant: glycerol), native linseed oil, 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), 165 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 is not intended to be curative or to encourage self-medication. Subject to printing and typesetting errors. Status: 15.05.2025



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