

EXI-DHA

Coming from deodorised fish oil

We obtain the concentrate deodorised fish oil from wild anchovies from the Peruvian deep coast, guarantying in each capsule a minimum of 75 % of docosahexaenoic acid (DHA) and a 5% of eicosapentaenoic acid (EPA). It is presented in triglyceride form (TG) as it comes from a natural source and not from an ethyl ester typical of synthetic fish. This structural difference favours its excellent bioavailability.

DHA guarantees that the brain cells, eyes, heart and other parts of the nervous system develop and function correctly throughout all the stages of life.

QUALITIES

- DHA contributes to the normal brain and eye functioning at all stages of life from foetus to adult, including in the infant fed with breast milk.
- DHA contributes to keep normal levels of cholesterol and triglycerides in blood, to the normal heart functioning and to keep a normal blood pressure.
- It helps with the treatment of illnesses associated with the central nervous system and its cognitive functions or with learning disabilities as dyslexia.
- It helps with alterations of temper and behaviour, it helps to regulate impulsivity and prevents the appearance of attention deficit disorder and conduct disorder.
- DHA has beneficial effects on brain diseases such as depression, migraines and other degenerative alterations such as dementia, Alzheimer, schizophrenia and Parkinson.
- DHA is a preventive of cardiac and vascular diseases and an excellent protector in cases of overweight and obesity.
- DHA works as an excellent natural anti-inflammatory and favours the pain relief.
- DHA contributes to keep the flexibility of the arteries and helps to prevent cardiac arrhythmias.
- It helps in the prevention of certain type of cancers (especially on prostate, colon and breast cancer) thanks to its antioxidant power.
- It helps with the control of diabetes thanks to a better use of insulin through the cell.
- DHA participates in the relief of symptoms caused by psoriasis and other chronic dermatopathies such as eczemas and atopic dermatitis.
- It contributes to protect the intestinal mucous, control inflammation and to reduce the amount of cyclical evolutionary outbreaks that go with the Chron disease.

MODE OF USE

From 1 to 4 capsules a day with water preferably during meals.

NUTRITIONAL INFORMATION

Content per capsule	
Fish concentrate oil, providing:	1333 mg
Omega 3	1133 mg
Min. 75% DHA as TG	1000 mg
Min. 5% EPA as TG	66,7 mg
Natural Vitamin E	5 mg



Pack of 60 capsules (ref.2082)

FORMULA (Ingredients per capsule)

Deodorised fish concentrate oil (75% DHA, 5% EPA), natural Vitamin E (d-alpha tocopherol), Jelly, USP Glycerin.

DID YOU KNOW THAT...?

The lack of sleeping is associated with high levels of tiredness, appetite increase and reduction in the performance of exercise.

A study published in Food & Nutrition Research found that low levels of DHA have relation with low levels of melatonin, known as the hormone that helps fall asleep. Therefore, the consumption of Omega 3 fatty acids rich in DHA, help increasing the quality and length of the sleep.