

## EXIOMEGA 3

With fish oil

Fish oil from cold waters (anchovy, sardine, salmon, etc.) is rich in the called Omega 3, name given to the essential fatty acids of the 3 series, the most important are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA); both derived from the linoleic acid.

The Omega 3 help to keep our brain, joints, visual and cardiovascular system in good condition, at the same time that contribute to reduce the triglyceride levels in blood and to normalise blood pressure on hypertensive disorders.

Numerous scientific evidences have been accumulated in the last years that reveal its importance and the benefits obtained with its use on clinical pictures of the most varied aetiology.

### USES AND PROPERTIES

- Reduction of the inflammation and relief of the rheumatoid arthritis due to the anti-inflammatory properties of the Omega 3.
- It helps with the prevention and treatment of high blood pressure and cardiovascular disorders as the Omega 3 avoid the adherence and the aggregation of blood platelets avoiding the formation of thrombus that obstruct the arteries they also reduce blood triglycerides, contribute to keep the flexibility in the arteries, they can prevent from cardiac arrhythmias and help to increase the beneficial HDL cholesterol levels.
- Prevention of some type of cancers, especially prostate, colon and breast.
- It helps to control the diabetes mellitus through a better use of the insulin through the cell.
- Relief of the psoriasis symptoms and other chronic dermopathies such as eczemas and atopic dermatitis due to its anti-inflammatory activity.
- It helps to prevent cognitive problems associated with the Alzheimer disease.
- It favours the protection of intestinal mucous, control of the inflammation and reduction of the amount of evolving cyclic outbreaks that go with the Chron disease.

### MODE OF USE

2 to 6 capsules a day depending of the circumstances. (Except for dietetic consulting advice). Take with food in the stomach to improve its absorption.

### COMPOSITION PER CAPSULE

<b>Fish oil concentrate</b>	500 mg
<b>Total of OMEGA 3</b>	<b>350 mg</b>
<b>EPA</b>	175 mg
<b>DHA</b>	125 mg
<b>Natural Vitamin E (d-alpha tocopherol)</b>	2,5 mg



Package with 180 capsules (ref.2083)

### FORMULA (Ingredients)

Fish oil concentrate (35% EPA, 25% DHA), natural Vitamin E (d-alpha tocopherol), Jelly, Glycerin- USP.

#### DID YOU KNOW THAT...?

*Scientists have been investigating for many years the beneficial qualities of the Omega 3 fatty acids for the human being since finding out that Eskimos and Japanese which fish consumption is much higher than other populations, register a lower mortality rate due to cardiovascular diseases.*