

DHA 50

Fatty acid omega 3 (50% of DHA and 10 % of EPA)



Ref : 3003

NUT 944/5

Presentation :

Jar of 90 fish and glycerol gelatine capsule

Directions :

2 capsules per day preferably at the beginning of the meal or as advised

Do not use:

No known cases

DHA 50 is a food supplement with an exceptional concentration of docosahexaenoic (DHA), a fatty acid from the omega 3 family.

The Omega 3 family is composed of three polyunsaturated acids of which the most famous are alpha-linoleic acid (ALA), eicosapentaenoic (EPA) and docosahexanoic acid (DHA).

DHA is a fatty acid that either come directly from eating (cold sea fish), or from the transformation by specific enzyme from alpha-linolenic acid and from eicosapentaenoic acid.

The ALA is an essential fatty acid which means it should be brought by food.

A diet lacking in ALA and/or insufficiency of enzymatic co-factor transforming them in EPA and DHA can induce a lack of those two fatty acid. Those deficiencies can, induce a succession of unwanted effects, it's essential to provide for those.

Docosahexanoic acid (DHA) plays a fundamental role in the function of the central nervous system and on the memory. It gives a lot of fluidity and flexibility to the cellular membranes. It increases the quality of the inter-cellular exchange influencing positively numerous physiological parameters.

Composition for 1 capsule: Concentrated fish oil 500mg – EPA: 45mg – DHA: 225mg – Natural vitamin E: 3mg