

Visolie Omega-3 Gold

VOEDINGSSUPPLEMENT



What are omega-3 fatty acids?

Omega-3 fatty acids are essential polyunsaturated fatty acids. The main types of omega-3 fatty acids are α -linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Since our bodies can only produce limited amounts of EPA and DHA themselves, we need to make sure we get more of them through our diet.

The benefits of omega-3 supplements

The omega-3 fatty acids EPA and DHA are involved in several processes that take place in our bodies. When taken together, these fatty acids are beneficial to your heart.¹ In addition, DHA is an important building block for your brain, which helps you maintain normal brain function.² Additionally, it is beneficial for vision².

- EPA and DHA are beneficial to the heart¹
- DHA is beneficial to the brain²
- DHA helps retain normal vision²

Who should consider taking an omega-3 supplement?

Fish is the main source of the omega-3 fatty acids EPA and DHA, which are also known as fish-derived fatty acids. For this reason, the Dutch Health Council recommends eating fish (e.g. salmon, herring, mackerel or sardines) once a week. If you don't get round to doing so, you may find an omega-3 supplement a useful complement to your diet.

Each softgel capsule of Fish Oil Omega-3 Gold provides 550 mg's worth of omega-3 fatty acids, of which 330 mg EPA and 220 mg DHA.

Added vitamin E

Fish Oil Omega-3 Gold also contains vitamin E. This vitamin is an antioxidant, which is to say that it helps stabilise the fatty acids in the fish oil and prevents oxidation. As a result, the oil retains its quality.

Friend of the Sea-certified

Fish Oil Omega-3 Gold is Friend of the Sea (FOS)-certified, which means that it is obtained through sustainable fishing, using methods that preserve the natural ecosystem. This certification mark guarantees that our fish oil meets stringent requirements, such as a bycatch cap of 8% without endangered species, and the prevention of overfishing where possible. Moreover, the fish is processed using environmentally friendly methods, in line with our principles of corporate social responsibility.

Health Claims

- High doses: 330 mg EPA and 220 mg DHA
- A daily intake of 250 mg of EPA and DHA has a beneficial effect on the heart
- A daily intake of 250 mg DHA is beneficial to the brain and eyesight
- 'Friend of the Sea'-certified

NZVT-certified

Fish Oil Omega-3 Gold is produced in accordance with the anti-doping standards and other standards set out in the NZVT system established by the Dutch Anti-Doping Authority. As a result, it has been awarded the NZVT certification mark. In other words, elite athletes can take Fish Oil Omega-3 Gold safe in the knowledge that it complies with the rules. This peace of mind allows them to focus on delivering high-quality athletic performance.

Recommended dosage

Take 1 softgel daily with a glass of water, preferably with a meal.



SPORT
ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS



Visolie Omega-3 Gold

VOEDINGSSUPPLEMENT



COMPOSITION PER DAILY DOSE		(1 softgel)
INGREDIENT	QUANTITY	INGREDIENT
Fish oil	1000 mg	Fish oil
of which omega-3 fatty acids	550 mg	of which omega-3 fatty acids
of which EPA	330 mg	of which EPA
of which DHA	220 mg	of which DHA
Vitamin E (D-alpha-tocopherol)	3,4 mg	Vitamin E (D-alpha-tocopherol)



SPORT
ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS

