

OMEGASPORT®

OMEGA-3 FATTY ACIDS FOOD SUPPLEMENT IN FORM OF TRIGLYCERIDE

VIVO
MEGA™



HIGH QUALITY STANDARD OMEGA 3



- EXCELLENT BIOAVAILABILITY
- OPTIMAL DIGESTIBILITY
- HIGH IN OMEGA 3 (EPA/DHA)
- PURIFIED
- NO AFTERTASTE
- FREE FROM CONTAMINANTS
- 1 g OF OMEGA 3 EACH SOFTGEL



RECOMMENDED FOR

- People looking for a high quality and bioavailability Omega 3
- Athletes under stress and performing very intense exercise
- People with metabolic syndrome

WHEN TO USE OMEGASPORT®

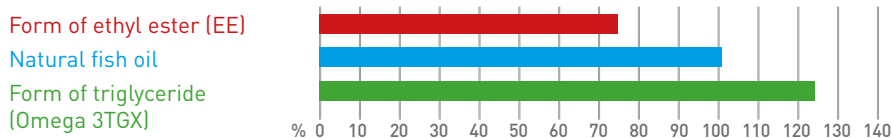


PACKAGING: 90 SOFTGEL, 1437 mg
240 SOFTGEL, 1437 mg

INFORMATION

Omega 3 fatty acids which are in supplements can be available in form of triglyceride (TG) or ethyl ester (EE). These forms identify molecular structures different from Omega 3. Molecular structures have different biological behaviours, it was proved that the difference between TG and EE influences Omega 3 absorption. As said in literature, Omega 3 in form of TG are more bioavailable than EE, this means Omega 3 TG have a higher biological activity and with same quantity are more active than EE⁽¹⁾.

BIOAVAILABILITY IN DIFFERENT FORM OF OMEGA3



⁽¹⁾J. Dyerberg, P. Madsen, J. Moller, I. Aardestrup, E.B. Schmidt. Bioavailability of n-3 Fatty Acid Formulations In n-3 Fatty Acids: Prevention and Treatment in Vascular Disease, 1995.

FEATURES

OMEGA 3 TGX® is a concentrated and purified source of fatty acids, with high content of EPA and DHA. Fatty acids in OMEGA 3TGX® (included active substances EPA and DHA) are concentrated like triglyceride, form highly bioavailable. The purification process follows high standard, it guarantees a purified and easy to digest product without aftertaste. Tocopherol combats oxidation and preserves integrity. (VivoMega™ TG60 is a high quality raw material, certified following international protocols-IFOS).

INDICATIONS

Saturated fats like EPA and DHA, contribute to the maintenance of normal cholesterol levels. Polyunsaturate fatty acids Omega 3 (EPA/DHA), a healthy lifestyle and a controlled diet contribute to*:

- Normal cardiac function⁽¹⁾
- Maintenance of normal triglyceride levels⁽²⁾
- Maintenance of normal blood pressure⁽³⁾
- DHA contributes to the maintenance of normal brain⁽⁴⁾ function and normal eyesight.

(*): Such benefits are obtained with a daily intake of 250 mg⁽¹⁾, 2g⁽²⁾ and 3g⁽³⁾ of EPA and DHA, of 250 mg of DHA⁽⁴⁾. It is recommended do not exceed an additional daily intake of 5g/die of combinations of EPA and of DHA.

HOW TO USE AND RECOMMENDED DAILY DOSE

It is recommended to take 1 to 3 capsules per day, after meals.

INGREDIENTS

Concentrated and standardised fish oil in EPA (33%) and DHA (22%) in form of triglyceride (Vivo-Mega™ TG60), Coating agent: gelatin (capsule shell); firming agents: glycerol, Antioxidant: extract high in tocopherol.

Warnings: food supplements are not intended to be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the recommended daily dosage. Keep out of reach of children under the age of 3. Store in a cool dry place away from sunlight and other direct sources of heat. The expiration date applies to the product in its intact container when stored as directed. This product is tested free from Nandrolone and Testosterone with their precursors, free from Beta2-agonists, diuretics, amphetamines and ephedrine.

TYPICAL VALUES

	Per 3 softgel
Fish oil*	3000 mg
of which	
EPA	990 mg
DHA	660 mg

*concentrated in Omega 3 in form of triglyceride

BIBLIOGRAFIC INFORMATION ON PARTICULAR COMPONENTS

Scientific literature suggested several beneficial effects produced by Omega 3 fatty acids. Several research studies showed how the regular consumption of Omega 3 fatty acids combats inflammatory phenomena, thanks to the biochemical properties of these nutrients¹. Moreover, research showed that Omega 3 fatty acids support the reduction of plasma triglyceride levels, and consequently blood viscosity². In the sport field, it has been proven that the regular consumption of Omega 3 fatty acids has a protective effect against the onset of intense and prolonged exercise-induced bronchospasm³.

References ¹Simopoulos, A. (2002) Omega-3 fatty acids in inflammation and autoimmune diseases *Journal of the American College of Nutrition* 21 (6): 495-505. ²Nenseter et al. (1992) *Arteriosclerosis & Thrombosis* 12(3): 369-79. ³Inoltre, Lu et al. (1999) *The Journal of Nutritional Biochemistry* 10(3): 151-158. ⁴Mickleborough TD, Lindley MR, Montgomery GS. Effect of fish oil-derived Omega-3 polyunsaturated Fatty Acid supplementation on exercise-induced bronchoconstriction and immune function in athletes. *Phys Sportsmed.* 2008 Dec;36(11):11-7.