

## Omega 3-6-9 Container 60 Pearls

EAN: 033984020276

FABRICANTE: SOLGAR



*Solgar® Omega 3-6-9 uses molecularly distilled oils to remove mercury, PCBs and other contaminants.*

### DESCRIPTION

Solgar® Omega 3-6-9 is an excellent combination of omega 3, omega 6 and omega 9 fatty acids. These fatty acids are obtained from three premium oils: fish, flax and borage.

Fatty acids are essential components of all cells and are necessary for their proper functioning. They are one of the main sources of energy for the body and are involved in the regulation of a multitude of biological processes.

Solgar® Omega 3-6-9 provides omega 3 fatty acids EPA, DHA, and alpha-linolenic acid, an essential fatty acid that must be ingested through the diet because the body cannot synthesize it.

EPA and DHA contribute to the normal functioning of the heart and DHA helps the brain function and maintain vision. They are commonly found in oily fish such as sardines, mackerel and salmon.

Linoleic acid is an essential omega-6 fatty acid that the body cannot manufacture, so it must also be ingested through the diet. Along with gamma-linolenic acid, it is found in plant oils and nuts, which are also rich in omega-9 fatty acids, such as oleic acid.

Fish oils can contain a variety of contaminants, as they are often present in the food that fish eat. Contaminants are typically found lower in the aquatic food chain, in marine organisms in freshwater sediments and marine waters. To ensure purity and safety, Solgar® Omega 3-6-9 uses a molecularly distilled oil to remove mercury and other heavy metals.

### Indications

- People who want to contribute to their heart health.
- Those who want to take care of their brain and eye health.
- Those who want a balanced dietary supplement of omega 3, 6 and 9 fatty acids.

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### Benefits

- EPA and DHA fatty acids contribute to the normal functioning of the heart. The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.
- DHA contributes to maintaining normal brain function. The beneficial effect is obtained with a daily intake of 250 mg.
- DHA contributes to the maintenance of normal vision. The beneficial effect is obtained with a daily intake of 250 mg.
- Gluten free. Sugar free.
- It does not contain starch, yeast, wheat, soy, dairy derivatives, preservatives, sweeteners, flavorings or colorings.

### Precautions

- If you are pregnant, breastfeeding, undergoing medical treatment or suffer from any illness, consult your specialist before taking this product.
- If you are taking anticoagulant medication, it is highly recommended that you consult your doctor before taking this dietary supplement.
- If you think this product is causing an adverse reaction, stop taking it immediately and consult your doctor.

### Ingredients

Coating agent (bovine gelatin, glycerin); Fish oil (anchovy, herring, mackerel and sardine); Flax seed oil (*Linum usitatissimum*); Borage oil (*Borago officinalis*); Antioxidant (mixed tocopherols).

### Instructions for use

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- For adults, take three softgels daily, preferably with meals.
  - Swallow the capsules with water or another drink.
  - The daily dose expressly recommended for this product should not be exceeded.

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