

ESAKOR

Omega 3 Fatty Acids FORMULA

Omega 3 | EPA 540mg | DHA 360mg



Dietary Supplement

90 softgels of 1444 mg



Omega 3

Studies associate Mediterranean diet, which is rich in **Omega-3** fatty acids, olive oil, antioxidant fruits, vegetables and herbs with less risk for developing cardiovascular diseases and life span extension.

Many researches have proven the beneficial effect of **Omega-3** fatty acids for the health of heart. **Omega-3** fatty acids decrease the levels of triglycerides while at the same time they increase **HDL** levels (good cholesterol) therefore improving lipid profile. They also limit adhesion of platelets, preventing thrombosis.

Extensive researches have shown that **Omega-3** fatty acids reduce inflammations while improving joint function. Finally **Omega-3** fatty acids are also necessary for the brain, affecting attitude, behavior and cognitive function.

People nowadays consume many **Omega-6** fatty acids, but not enough **Omega-3** fatty acids. **Omega-3** fatty acids **EPA** (eicosapentaenoic acid) and **DHA** (docosahexaenoic acid) are found in abundance in fat from fish and some sea mammals, as well as in the algae they subsist on.

ESAKOR by **Doctor's Formulas** contains high purity **EPA** and **DHA Omega-3** fatty acids deprived of heavy metals. They are available for sale in soft gel form and one to three capsules a day covers our body's needs.

INGREDIENTS

- **EPA/DHA 18/12 (69,25%) 3000mg**

PROPERTIES

- Omega-3 fatty acids decrease significantly the overall levels of cholesterol and in particular LDL and VLDL lipoproteins.
- Omega-3 fatty acids limit platelet adhesion, minimizing platelets tendency to aggregate and inhibiting thrombosis.
- They also counteract inflammations and pain.

COMPOSITION IN ACTIVE INGREDIENTS	Per daily dose (3 softgels)	%RDA
Pure Fish Oil concentrate	3000 mg	
Saturated and Unsaturated 4 of which	2100 mg	
EPA	540 mg	
DHA	360 mg	
D-alpha-tocopherol (Vitamin E)	2,17 mg	18,08%

DOSAGE

- Take 1-3 softgels daily, after meals or as recommended by your physician.

PRECAUTIONS • The product should not be taken in the following case: (1) Do not use if you are allergic to fish. Ask your doctor or pharmacist if you have liver failure, or if you have trouble in the pancreas or if you drink more than two alcoholic drinks a day. (2) If you are taking anti-coagulant or anti-platelet (e.g. plavix) medications, or have a bleeding disorder, consult your physician before taking this product. • Do not exceed the recommended daily dose. • Dietary supplements should not be used as a substitute of a balanced diet. • Keep away from young children. • This product is not intended for the prevention, cure or treatment of a human disease. • Consult with your doctor if you are pregnant, breast-feeding, taking pharmaceutical treatment or having health problems.

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