

OMEGA-3 Athlete

PREMIUM OMEGA-3 FATTY ACID SOFTGELS (EPA AND DHA)

- Omega-3-rich fish oil (85%)
- EPA/DHA ratio 1.3:1
- Oil from small cold-water fish (anchovy, sardine and horse mackerel)
- In Triglyceride (TG) form: higher absorption and bioavailability
- **Certified anti-doping by Informed-Sport**
- Oil processed using Solutex® patented technologies
- Free from heavy metals (IFOS + finished product testing)



Gluten Free

Omega-3 Athlete are fish oil softgels of the highest quality with a high concentration of long-chain polyunsaturated omega-3 fatty acids (85%), especially the well-known EPA (Eicosapentaenoic Acid) and, to a lesser extent, DHA (Docosahexaenoic Acid).

The fish oil used comes from small cold-water fish such as anchovy (*Engraulis encrasicolus*), sardine (*Sardina pilchardus*) and horse mackerel (*Trachurus trachurus*). These small-sized species accumulate fewer environmental contaminants (heavy metals, PCBs, dioxins) than larger fish, allowing the production of an oil with greater purity and safety.

The main characteristics of these fats are their ability to modulate the inflammatory response, in addition to contributing to the maintenance of normal brain function, vision, heart function, blood pressure and normal blood triglyceride levels (EFSA. Reg. EU 432/2012). For this reason, they are recommended for general health across the population, from pregnant women and children to the elderly.

Benefits of EPA for Athletes

Omega-3 Athlete has been formulated with an EPA:DHA ratio of 1.3:1 (EPA predominance), aligned with the most current scientific evidence regarding the effects of omega-3 fatty acids in high-performance athletes. This is because EPA is primarily responsible for:

- Modulating the exercise-induced inflammatory response (Calder, P.C., BBA. 2015),
- Reducing exercise-induced muscle damage (muscle soreness or DOMS / EIMD) which helps accelerate recovery between training sessions or competitions (Tsuchiya, Y. et al., EJAP. 2016),
- Improving neuromuscular function and muscle contraction efficiency, with positive effects on strength and power (Lewis, N.A. et al., EJSS. 2020),
- Supporting muscle protein synthesis (MPS), enhancing the anabolic response to resistance training and protein intake (Smith, G.I. et al., AJCN. 2011),
- Positively influencing mitochondrial function, contribu-

ting to greater efficiency in energy production (Herbst, E.A. et al., JP. 2014).

Effective Dosages According to Scientific Evidence

To induce detectable increases in Omega-3 fatty acids in cell membranes and promote health, a minimum period of two weeks of regular supplementation with omega-3-rich fish oil providing at least 60% EPA+DHA is required. However, longer periods of four to twelve months are needed to increase EPA and DHA content in red blood cell membranes (Mickleborough, T.D. et al., SJMSS. 2013).

The sum of EPA and DHA, expressed as a percentage of total fatty acids in erythrocytes, represents the Omega-3 Index (O3I), which has been identified as a marker associated with numerous health indicators in the general population. To promote omega-3 fatty acid incorporation at the muscular level, support functional capacity and especially muscle growth, scientific literature suggests a daily intake equivalent to 200–400 g of fatty fish such as salmon, herring or sardines (Philpott, J.D. et al., RSM. 2019), which corresponds to an intake of ≥ 1.5 –2 g EPA+DHA per day in an EPA/DHA ratio of 1.3:1. With **Omega-3 Athlete**, these amounts can be easily reached and exceeded with the intake of 3 softgels per day.

High Quality: Purity, Heavy Metals, TG (Triglycerides)

Our fish oil is manufactured by Solutex®, a Spanish company recognized worldwide as a reference in omega-3 production. Among other technologies, they use an innovative supercritical fluid extraction technique (Flutex®), meaning no solvents are used and no contaminant residues are generated.

Additionally, through their patented purification and deodorization process (Cleantex®), we obtain a raw material free from contaminants (heavy metals, PCB, dioxins, etc.), while also removing residual fish taste and odour, resulting in a more pleasant-tasting oil.

Furthermore, for the manufacturing of **Omega-3 Athlete**, we use the entire batch of fish oil, meaning a larger production batch of softgels/finished product is made in order to use all the oil and avoid leaving production incomplete (as is

often done with lower-cost products available on the market). This prevents potential oxidation and rancidity of the oil, which could otherwise carry over into the production of subsequent batches, thereby reducing product quality and safety.

The OMEGATEX® 4535TG oil used in the production of our softgels holds IFOS (International Fish Oil Standards) certification, the most rigorous certification program in the world for fish oils, guaranteeing the purity, potency and freshness of the product. This certification, combined with the analysis carried out by Crown for each batch of finished product (freely available on our website), ensures the absence of heavy metals resulting from possible contamination during the softgel manufacturing process or during packaging. In addition, **Omega-3 Athlete** provides fatty acids in the most effective chemical form in terms of absorption and bioavailability, the Triglyceride (TG) form, rather than as free fatty acids known as Ethyl Esters (EE), which are used by other brands due to their lower cost and greater resistance to oxidation (Schuchardt, J.P. et al., PLEFA. 2013).

Vitamin E

To prevent possible oxidation and/or rancidity of omega-3 fatty acids, we have used a natural antioxidant such as alpha-tocopherols, better known as Vitamin E (Jeromson, S. et al., MD. 2015).

We do not declare the quantity of this vitamin on the label because it is truly a processing aid for the oil rather than an added value of the product. These tocopherols help prevent oxidation over time, meaning that the amount ingested at the beginning of the product's shelf life is not the same as that present at the end. Therefore, following one of our main principles—transparency—we have decided not to include it on the label so as not to mislead consumers into interpreting it as an added value of the product. The initial quantity of Vitamin E in the product can be consulted in the nutritional information table of this technical sheet.

And without forgetting that **Omega-3 Athlete** is 100% safe, as it holds **anti-doping certification** by **Informed-Sport**.

Ingredients: Omega-3-rich **fish** oil (OMEGATEX® 4535TG), shell (bovine gelatin, humectant: vegetable glycerin; water), antioxidant: natural Vitamin E (D-alpha-tocopherol).

Contains **fish**.

Directions for use: Take 3 softgels per day with the main meals. For convenience, the serving may be divided into several intakes. Consume with foods containing fat to optimize absorption (nuts, avocado, olive oil, etc.).

Available formats: Bottle of 90 softgels.

NUTRITIONAL INFORMATION	Per 3 softgels	%NRV*
Fish Oils	3.000 mg	
• of which Omega-3 (TG)	2.550 mg	
• of which EPA	1.350 mg	
• of which DHA	1.050 mg	
Vitamin E (D-α-Tocopherol)	30 mg**	250%

*NRV: Nutrient Reference Values

**Amount of Vit. E at the beginning of the useful life of the product.



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Collaborators:

