

OMEGA-3 PRO

PREMIUM SOFTGELS OF OMEGA-3 FATTY ACIDS (DHA & EPA)

- Fish oil rich in Omega-3: high concentration of DHA
- In the form of Triglycerides (TG): higher absorption and bioavailability
- **With anti-doping certificate by Informed-Sport**
- Oil processed using Solutex® patented techniques
- Free of heavy metals (double analysis performed)



Gluten Free

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

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

Benefits for sportspeople

Countless scientific studies have shown that supplementation with DHA and EPA has multiple specific benefits for athletes, especially those that have to do with inflammatory modulation, immune function, post-exercise pain ("soreness" or DOMS / EIMD) and it seems that they also play a role in the regulation of protein synthesis in muscles (Harty, P. et al., SM. 2.019). All this could translate into improved recovery by preventing and decreasing muscle damage.

It seems that supplementation with omega-3 (DHA/EPA) together with strength training and adequate protein (amino acids) intake improve muscle anabolism by an increased sensitivity of the cells to these physiological stimuli. In addition, they also play an important role against protein degradation (mainly DHA), which can play a fundamental role in the maintenance of muscle mass, both in periods of the season in which there is a maximum peak of training, and especially in periods of lower protein synthesis and, therefore, of greater tendency to atrophy (injuries, vacations, etc.) and/or sarcopenia (greater in the 3rd age) (Dupont, J. et al., ACER. 2.019).

High quality: purity, heavy metals, TG (Tri-Glycerides). Our fish oil is manufactured by Solutex®, a Spanish com-

pany that is a world leader in the manufacture of omega-3. Among others, they use the innovative technique of super-critical fluid extraction (Flutex®), so no solvents are used and no polluting residues are emitted. In addition, through its patented purification and deodorization process (Clean-tex®) we obtain a raw material free of contaminants (heavy metals, PCBs, dioxins, etc.) and also eliminates residual flavours, giving a more pleasant tasting oil.

Also, for the manufacture of **Omega-3 PRO** we use the whole batch of fish oil, that is to say, we make a larger batch of beads/finished product in order to use all the oil and not leave the production half-finished (as is done with other cheaper products on the market) to avoid possible oxidation and rancidity of the oil, which would be carried over to the production of the next batch, thus reducing the quality of the product and reducing its healthiness.

To ensure the absence of heavy metals, we perform a double analysis, the initial analysis of the raw material (oil) and another one of the finished product, to ensure that no contamination has occurred during the manufacturing process of the softgels or during their packaging in the tin.

In addition, **Omega-3 PRO** provides the fatty acids in the most effective chemical form in terms of absorption and bioavailability, the form of TriGlycerides (TG), instead of as free fatty acids, known as Ethyl Ester (EE), used by other brands because they are low cost and more resistant to oxidation.

Vitamin E

To avoid the possible oxidation and/or rancidity of the omega-3, we have used a natural antioxidant such as alpha-tocopherols, better known as vitamin E. We do not declare the amount of this vitamin in the labeling because it is really a coadjuvant of the oil and not an added value of the product. These tocopherols prevent oxidation over time, so the amount that would be ingested at the beginning of the product's useful life is not the same as that provided at the end, so, following one of our maximum premises, transpa-

rency, we have decided not to put it on the label so as not to mislead as if it were an added value of the product. The initial amount of vitamin E of the product can be consulted in the nutritional information table of this sheet.

And not forgetting that **Omega-3 PRO** is 100% safe as it is **anti-doping certified** by **Informed-Sport**.

Ingredients: Fish oil rich in omega-3 (TG10/50), coating (bovine gelatin, humectant: vegetable glycerin; water), antioxidant: vitamin E (D-alpha-tocopherol).
Contains **fish**.

Instructions for use: take 2 to 4 softgels per day during main meals. For convenience, the serving can be divided into several intakes.

Available formats: tin of 120 softgels.

NUTRITIONAL INFORMATION	Per 2 softgels	%NRV*	Per 4 softgels	%NRV*
Fish Oils	2.000 mg		4.000 mg	
• of which Omega-3 (TG)	1.300 mg		2.600 mg	
• of which DHA	1.000 mg		2.000 mg	
• of which EPA	200 mg		400 mg	
Vitamin E (D-α-Tocopherol)	20 mg**	167%	40 mg**	333%

*NRV: Nutrient Reference Values

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



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