

ABO - Salmon oil capsules 1000 mg

Omega 3 fatty acids + Vitamin E, 60 capsules

High cholesterol



Ingredients: Salmon fish oil (18% eicosapentaenoic acid (EPA) and 12% docosahexaenoic acid (DHA) omega 3 fatty acids); Vitamin E (D-alpha tocopherol).

Recommended dosage: 1-3 capsules per day without chewing, with more water.

Do not exceed the recommended daily intake. This nutritional supplement is not a substitute for varied daily meals.

For maintenance of normal brain function and normal vision the daily intake should be 3 capsules.

Purpose: Balanced levels of cholesterol and triglycerides are essential for a healthy heart and cardiovascular system. Important **Omega-3 fatty acids** are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Only a few types of foods contain these vital ingredients. Suitable cold-water fish such as salmon, herring, mackerel. Our body can not produce Omega 3 fatty acids by itself, so they should be purchased as part of a varied daily diet.

OMEGA 3 fatty acids contained in salmon fish oil contribute to normal cardiac function, normal brain function and normal vision.

Vitamin E contributes to the protection of cells from oxidative stress.

Ingredients	1 capsule	%PDP	3 capsules
Salmon fish oil	1000 mg	no definite value	3000 mg
Vitamin E (D-alpha tocopherol)	10 mg	84	30 mg

High triglyceride concentration is a risk factor for the development of cardiovascular disease. The risk is significantly increased at high blood triglycerides in combination with high total and bad (LDL cholesterol) and low good (HDL), especially in the presence of diabetes. **Omega-3 fatty acids** are required to reduce elevated triglyceride levels and reduce morning stiffness and painful joints in patients with rheumatoid arthritis. About 4 grams per day **Omega-3 fatty acids** reduce serum triglyceride concentrations by 25 to 30%. A controlled study of two groups of patients with elevated triglyceride levels indicates that **Omega-3** users experience a 30% decrease in serum triglyceride concentrations and a 30-40% reduction in bad cholesterol levels.

WHY DO WE NEED DHA?

- **DHA** is mainly contained in the brain, retina and sperm fluid. More than 60% of the brain's weight is made up of fat, and most of the long-chain Omega-3 are concentrated in the brain
- **Dicosahexaenoic acid** is critical for some cell membranes, such as synapses (for information transfer), retina (for visual information), and mitochondria (to produce ATP - a substance that stores and transports chemical energy to cells)
- Key brain cells can not function fully without adequate DHA levels in their membranes

ABOPHARMA