

OracOmega®

High strength fish oil plus 2,500 ORAC antioxidant units

Presentation

A green soft capsule.

Two capsules deliver:

| | |
|---|--------|
| Fish Body Oil Concentrate | 1200mg |
| Providing Omega 3 Fatty Acids | 760mg |
| of which: | |
| Eicosapentaenoic Acid (EPA) | 390mg |
| Docosahexaenoic Acid (DHA) | 260mg |
| ORAC Blend (from Green Tea, Rosemary and Grape Seed Extracts) | 200mg |

Encapsulated with:

Antioxidant: Mixed Tocopherols, Fish Oil, Capsule Shell (Gelatin (Bovine), Glycerin, Colours: Iron Oxide, Copper Chlorophyll), Non-hydrogenated Vegetable Oil, Beeswax, Sunflower Lecithin.

Disintegration time: Less than 30 minutes.

quantity
120

type
capsules

code
8510



Uses

The health benefits of omega 3 supplements only exist if the fatty acids are not oxidised, and this is prevented by careful processing and the exclusion of air by the capsule shell. However, once the omega 3s have been absorbed into the bloodstream they risk being oxidised by highly reactive 'free radicals'.

The body naturally stops this from happening by producing antioxidants which neutralise the free radicals. Many useful antioxidants are nutrients that we obtain from our food, and increasingly the effectiveness of each antioxidant is being measured in Oxygen Radical Absorbance Capacity (ORAC) units for comparison. Interestingly, certain plant phenolic compounds appear to be more effective antioxidants than vitamins C and E.

OracOmega® combines a potent level of these plant antioxidants, (from green tea, grape seed, rosemary extracts), with our pure fish oil, to create a unique high potency product. Two capsules taken daily will provide an impressive 2,500 ORAC units in addition to a full 760mg of omega 3s, including 390mg of EPA and 260mg of DHA.



Certified from sustainable fisheries
www.friendofthesea.org

Usage and administration

2 capsules daily.

Allergen advice

Contains fish.

Cautions

Those using prescription blood-thinning medication (anticoagulants) or aspirin should consult their doctor before using Fish Oil. Please see page 194.

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

