

OMEGA3®

OMEGA 3

Brand: ProLab

Pharmaceutical Form: Softgel Capsules

Presentation: Package with 60 capsules

COMPOSITION:

Each Omega 3 capsule contains 2000 mg of highly concentrated fish oil, rich in essential fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), which are key components for cardiovascular, brain, and joint health. The consumption of Omega 3 fatty acids has been widely supported by scientific studies due to their anti-inflammatory properties and benefits in maintaining optimal heart function, reducing triglycerides, and improving cognitive health.

This supplement is ideal for individuals who do not consume enough fatty fish in their diet or are seeking high concentrations of Omega 3 in a practical and easy-to-take form.

THERAPEUTIC INDICATIONS:

Concentrated Omega 3 is indicated for improving cardiovascular health, helping regulate blood triglyceride levels, and preventing heart-related diseases. Additionally, its anti-inflammatory properties make it ideal for athletes or individuals with joint issues, reducing pain and improving mobility.

EPA and DHA fatty acids are essential for brain development and function, so Omega 3 intake may enhance memory, concentration, and overall mental well-being. It is also recommended in cases of metabolic syndrome, type 2 diabetes, and other conditions related to fat metabolism.

RECOMMENDED DOSAGE:

The recommended dosage of Concentrated Omega 3 is 1 capsule per day, providing 2000 mg of fish oil. In situations requiring additional support, such as elevated triglyceride levels or inflammation, the dosage can be increased to 2 capsules per day, always under the supervision of a healthcare professional.

It is important to follow the dosage recommendations, as excessive doses may increase the risk of side effects, such as bleeding or interactions with anticoagulant medications.

ADMINISTRATION MODE:

Omega 3 capsules should be taken with water, preferably with meals, to improve absorption. It is recommended to consume them with foods rich in healthy fats, such as avocado or nuts, to maximize the bioavailability of the EPA and DHA fatty acids.

Regular intake of the supplement is crucial to obtaining long-term benefits. To optimize its effects, it is ideal to take Omega 3 at the same time each day.

CONTRAINDICATIONS:

Concentrated Omega 3 is contraindicated for individuals allergic to fish or seafood products. Caution should also be exercised in people taking anticoagulant or antiplatelet medications, such as warfarin or aspirin, as Omega 3 may increase the risk of bleeding.

It should not be used by individuals with bleeding disorders or those with scheduled surgeries without medical approval. Pregnant or breastfeeding women should consult their doctor before starting any Omega 3 supplement, as dosages and needs may vary.

