



## Omega 3 30 Softgels Keto Drasanvi

SKU: 032050545 EAN13: 8436578543205

### Description

Omega 3 is a polyunsaturated fatty acid, a substance that the body cannot synthesize and it is necessary to incorporate it with the diet. Omega 3 is usually present in blue fish and some vegetable seeds, such as flax, chia or nuts. While the keto diet may contain omega 3 naturally, many keto foods are also high in omega 6, this can alter the balance between the amount of omega-6 and omega-3. The proper ratio is 1: 1.

## Ingredients

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**Fish Oil** (*Contains fish*) (EPA 18% and DHA 12%) 1.000 mg, Casing (*Gelatin and Glycerin*), Vitamin E Natural (*In the form of D-alpha tocopherol*) 20 mg

## Directions

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Take 1 softgel a day, preferably with food.

## Presentation

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Contains 30 softgels (1400 mg/softgel).

Total weight: 42 g (1.48 oz)

## Warnings

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Food supplement based on EPA, DHA and Vitamin E.

Food supplements should not be used as a substitute for a balanced diet. Do not exceed the expressly recommended daily dose. Keep out of the reach of little kids. Store in a cool, dry place. Contains fish.

## Additional Information

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### **Standardized Oils**

One of the most important advantages in our formulation is the use of standardized extracts. This means that it provides constant active principles over time. In the case of Omega 3 softgels, they are titrated in Eicosapentanoic Acid (EPA) and Docosahexanoic Acid (DHA) providing 180 mg and 120 mg respectively

### **Concentrated dose and easy to take**

The use of concentrated and titrated oils allows us to obtain a correct dose, consuming only one softgel.

## Nutrition Facts

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per daily dose

<b>Ingredient</b>	<b>Percentage</b>	<b>Quantity</b>
Vitamin E	111%	13,4 mg

% NRV (Nutrient Reference Value)

## Allergen Information

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Fish,

## Certifications

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