

## Heart, brain & eye health

## **Permitted health claims**

Normal Brain Function

DHA contributes to the maintenance of normal brain function. (23) **Normal Vision** DHA contributes to the maintenance of normal vision. (23) **Normal Heart Function** EPA and DHA contribute to the normal

function of the heart. (23)

Nutritional Information	Av. per tablet	Av. per 2 tablets
Omega 3 DHA	125 mg	250 mg
Omega 3 EPA	2.5 mg	5 mg
mg = milligram		

Omega-3 fatty acids, particularly DHA and EPA, for maintaining cardiovascular health and supporting cognitive function throughout life (24)

## Ingredients Ist

Availom50® High DHA Algae [Carrier: L- Lysine , EPA], Emulsifier: Crosslinked sodium carboxy methyl cellulose; Bulking Agent: Calcium Phosphate; Anti-caking agents: Magnesium Stearate; Tablet Coating: Calcium carbonate, Ethyl cellulose, Talc; Natural Source Colours: Iron Oxides; Flavouring.



## **Customer review**

This is a really great Omega3 supplement & without the fishy aftertaste that the fish oil capsules tend to give you. They are easy to swallow and much nicer to take. Will definitely go back to this brand.

