

Essential Micro

LC75

DHA ESSENTIAL (30 capsules)

NUTRITIONAL SUPPLEMENT FOR THE IMPROVEMENT OF THE STRUCTURE AND FLUIDITY OF THE CELL MEMBRANES WITH DHA TG, FREE OF PHYTANIC ACID AND HEAVY METALS, WITH IFOS 5 STAR CERTIFICATE.



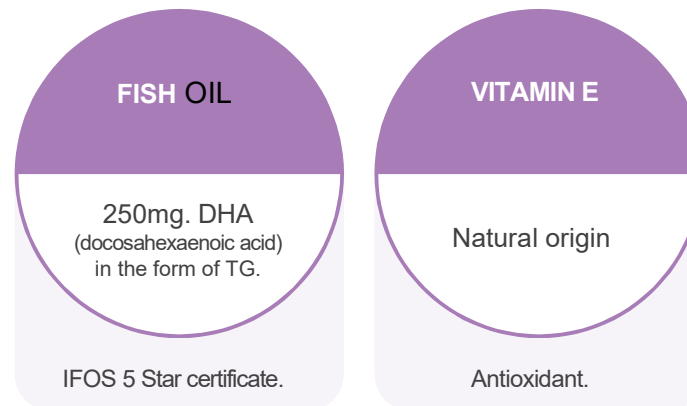
P.V.P
8,90€

- Maintenance of cognitive functions , prevention of neurodegenerative disorders.
- Maintenance of cardiovascular health.
- Fundamental in the conception, growth and development of the embryo and the child. First and second trimesters of pregnancy and lactation.
- Anti-inflammatory effect.
- Improvement of vision, prevention of AMD and dry eye.
- Prevention of allergies and autoimmune diseases.

DOSAGE INDICATIONS

The dosage is only indicated for information purposes and should be adapted to each patient according to the criteria of a health professional.

Take 1 capsule daily .





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- Fish Oil 10/50**, Contains 50 mg EPA and 250 mg of DHA in TG form per capsule. All the membranes of our cells are dependent on polyunsaturated fatty acids and are involved in functions related to vision, brain, cardiovascular system and fertility as well as the control of inflammation.
- Omegto DHA**, improves the structure and fluidity of cell membranes improving oxygenation of red blood cells, communication and interneuronal plasticity and plasticity of immune cells. Unlike the young adult, the fetus and newborn cannot synthesize DHA from precursors so they need omega 3 for brain development correct.

- EFSA health claims:**
 - Docosahexaenoic acid contributes to maintaining normal brain function (this benefit is obtained by a daily consumption of 250 mg. DHA).
 - Docosahexaenoic acid contributes to the maintenance of vision under normal conditions (this benefit is obtained by a daily consumption of 250 mg. DHA).
 - Docosahexaenoic acid contributes to maintaining the normal functioning of the heart (this benefit is obtained by a daily consumption of 250 mg. DHA).

NUTRITIONAL VALUES

	By 1	%NRV
Fish oil 10EPA/DHA 50 TG	500 Mg	-
Omega 3 EPA	50 Mg	-
Omega 3 DHA	250 Mg	-
Natural vitamin E 67% alpha Tocopherol	5 Mg	28%

* %NRV: Nutrient Reference Values.

PRESENTATION

- Box of 30 Capsules of 696.92mg.

Bibliography

· Bazan NG, Molina MF, Gordon WC. Docosahexaenoic acid signal lipidomics in nutrition: significance in aging, neuroinflammation, macular degeneration, Alzheimer's, and other neurodegenerative diseases. Annu Rev Nutr. 2011 Aug 21;31:321-51. · Mun JG, Legette LL, Ikonte CJ, Mitmesser SH. Choline and DHA in Maternal and Infant Nutrition: Synergistic Implications in Brain and Eye Health. Nutrients. 2019 May 21;11(5):1125. · Calder PC. Docosahexaenoic Acid. Ann Nutr Metab. 2016;69 Suppl 1:7-21. DOI: 10.1159/000448262. Epub 2016 Nov 15. · Echeverría F, Valenzuela R, Catalina Hernandez-Rodas M, Valenzuela A. Docosahexaenoic acid (DHA), a fundamental fatty acid for the brain: New dietary sources. Prostaglandins Leukot Essent Fatty Acids. 2017 Sep;124:1-10. DOI: 0.1016/J.PLE-

fa.2017.08.001. Epub 2017 Aug 14. · Basak S, Mallick R, Duttaroy AK. Maternal Docosahexaenoic Acid Status during Pregnancy and Its Impact on Infant Neurodevelopment. Nutrients. 2020 Nov 25;12(12):3615.



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