

HEALTH & VITALITY

OMEGA-3 PLUS

820 MG EPA + 650 MG DHA + VIT D3

QUICK INFO

- X LACTOSE FREE
- X GLUTEN FREE
- X ACID FREE
- X NO SWEETENERS
- X NO ARTIFICIAL COLOURS
- X NO PRESERVATIVES



PRODUCT DESCRIPTION

SPONSER®, OMEGA 3 Plus is a tasty oil with a natural citrus aroma – without disturbing fish flavour. The fish oil used is obtained from controlled, certified sustainable wild-caught fishing and contains a uniquely high EPA and DHA content (eicosapentaenoic and docosahexaenoic acid). Omega-3 fatty acids, such as EPA and DHA combined¹, contribute to normal cardiac function. DHA also helps to maintain normal brain function and vision².

Additionally enriched with vitamin D3. Vitamin D3 is a vital fat-soluble vitamin.

¹ positive effect in case of a daily intake of 250 mg of EPA + DHA combined

² positive effect in case of a daily intake of 250 mg of DHA alone

OMEGA-3 FATTY ACIDS AND SPORT

- Omega-3 fatty acids are also important in sports. Studies confirm the positive influence on cognitive performance (brain function) [1].
- Jakeman (2017) [2] was also able to show that an acute dose of a fish oil supplement improves the functional performance of the muscles after eccentric efforts.
- Tsuchiya (2016) [3] reports a lower loss of power and better mobility limited by sore muscles after eccentric loads.
- With an omega-3 supplementation, endurance athletes benefit from oxygen consumption savings and thus from longer anaerobic resistance. [4, 5, 6].
- It is recommended to integrate a dosage of 1-2 g of EPA and DHA into the daily diet. Best in the ratio of 2:1. [5, 7]. The US Food and Drug Administration recommends a maximum intake of 3 g of EPA + DHA per day. [8].

ADVANTAGES

- **fish oil concentrate with balanced ratio of EPA and DHA for athletes**
- **mild lemon taste, without disturbing fishy smell**
- **practical daily dosage of 1-2 teaspoons**
- **provides 100% respectively 200% of the daily requirement of vitamin D3**

APPLICATION

1-2 tea spoons (5-10 ml) daily.

Do not exceed the recommended daily intake (10 ml). Pregnant and breastfeeding women max. ½ tsp (2.5 ml) per day. Dietary supplements are not a substitute for a balanced and varied diet as well as for a healthy lifestyle. Keep out of reach of small children.

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INGREDIENTS

Norwegian cod liver oil and fish oil concentrate, olive oil 3%, natural citrus flavour, vitamin D3 (cholecalciferol).

PACKAGING

Bottle of 150 ml (15 daily rations)

NUTRITION FACTS

| Per Tagesration/daily ration | 5 ml** | %NRV* | 10 ml** | %NRV* |
|------------------------------|--------|-------|---------|-------|
| Omega-3 fatty acids | 1.5 g | 50% | 3.0 g | 100% |
| of which EPA | 820 mg | - | 1640 mg | - |
| of which DHA | 650 mg | - | 1500 mg | - |
| Vitamin(e) D3 | 5 µg | 100% | 10 µg | 200% |

*NRV, nutrient reference values

**1 Teelöffel/teaspoon = ca. 5 ml

LITERATURE

- [1] Barrett et al.(2014): Omega-3 fatty acid supplementation as a potential therapeutic aid for the recovery from mild traumatic brain injury(concussion. *Advances in Nutrition* 5(3), 268-277
- [2] Jakeman J.R. et al.(2017): Effect of an acute dose of omega-3 fish oil following exercise induced muscle damage. *Eur J Appl Physiol*, 117(3);575-582
- [3] Tsuchiya Y. et al. (2016): Eicosapentaenoic and Docosahexenoic acids- rich fish oil supplementation attenuates strength loss and limited joint range of motion after eccentric contractions: a randomized double-blind, placebo-controlled, prallel group trial. *Eur J Appl Physiol*116(6),1179-88.
- [4] Zebrowska A. et al. (2015): Omega-3 fatty acids supplementation improves endothelial function and maximal oxygen uptake in endurance-trained athletes. *Eur J Sport Sci* 15, 305-314.
- [5] Mickleborough T.D. et al (2013): Omega-3 polyunsaturated fatty acids in physical performance optimization. *Int J Sport Nutr Exerc Metab* 23;83-96.
- [6] Da Boit M. et al. (2017) Fit with good fat? The role with ω3 polyunsaturated fatty acids on exercise performance. *Metabolism* 66, 45-54.
- [7] Simopoulos A.P. et al (2007): Omega-3 fatty acids and athletics. *Curr Sports Med Rep* 6, 230-236.
- [8] U.S. Food and Drug Administration. Letter Regarding Dietary Supplement Health Claim for Omega-3 Fatty Acids and Coro-Nary Heart Disease. Docket No 91 N-0103;2000

Fish oil with omega-3 fatty acid content, in particular EPA, completed with vitamin D3, dietary supplement, with lemon flavour.

Developped in Switzerland. Carefully manufactured in Germany out of Norwegian fish oil. Fishing areas: North-East Atlantic/Pacific

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