

# AlgaeDHA

For brain, heart and eyesight

Dietary supplement



The vegan source for essential omega-3 fatty acids

## Why is a rich omega-3 intake important?

Marine Omega-3 fatty acids are attributed many positive properties. For example, the European Food Safety Authority (EFSA) has published verified aspects for the preservation of essential body functions due to the marine omega-3 fatty acids (EPA and DHA), such as maintenance of normal brain function, maintenance of normal vision, support of normal heart function as well, in addition, the maintenance of normal blood pressure values and the maintenance of normal blood values with a daily intake of 3,000 mg of EPA + DHA via dietary supplements and other foods.

Above all, people who are vegetarian or otherwise not sufficiently fed with fatty acids from animal sources usually face difficulties to supply their diet adequately with omega-3 and, in particular, with DHA and EPA. Especially here, AlgaeDHA can make an essential contribution to counteracting malnutrition or processes of declining.

## Use of AlgaeDHA

- Enhancing and supplementing the daily diet
- Vegetarian or vegan lifestyle
- Supply of persons who are in special physiological condition such as the elderly, pregnant and nursing mothers, growing children, people in regeneration, people with stress or other burdens
- Support of heart function
- Maintenance of brain function
- Maintenance of vision

## Advantages of AlgaeDHA

- Rich in EPA and DHA (many algae oils contain only DHA)
- High bioavailability due to triglyceride form
- High omega-3 content
- 100 % vegetable from a sustainable source



## Recommended intake

Take 3 capsules per day with good water.

## Nutrients AlgaeDHA

per 3 capsules (daily recommendation)

Algae oil	2,500 mg	--
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thereof:

Omega3-fatty acids	1,376 mg	--
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DHA	750 mg	--
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EPA	375 mg	--
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RDA: % of the Recommended Daily Amount

## Maintenance of the brain function

The brain has a high proportion of unsaturated fatty acids, even more than 20 percent of the fat mass of our entire nervous system, including the brain, consist of pure DHA. Therefore, DHA has a particularly important role, above all in the brain. The human brain consists of around 100 billion nerve cells, which are linked to several thousand other nerve cells and communicate. In total, there are several hundred trillion synapses in the brain that are responsible for the signal transmission. It is not surprising that recent studies show a strong correlation between the uptake of omega-3 fatty acids and an improved brain function and consequently a better concentration capacity. No matter whether you are an infant, child, adolescent, adult or senior: Everyone needs DHA for a good brain function.

## Support of the heart function

The heart is the core organ in the human body. Factors influencing cardiac health are the low properties of the blood as well as cell metabolism processes. An adequate supply of omega-3 fatty acids indicates that these factors can be positively influenced.

## Preservation of the normal vision

The cells in the human eye contain a particularly large proportion of omega-3 fatty acids. Many studies have shown that supplementation with omega-3 fatty acids improves eyesight.

## Good for mother and child

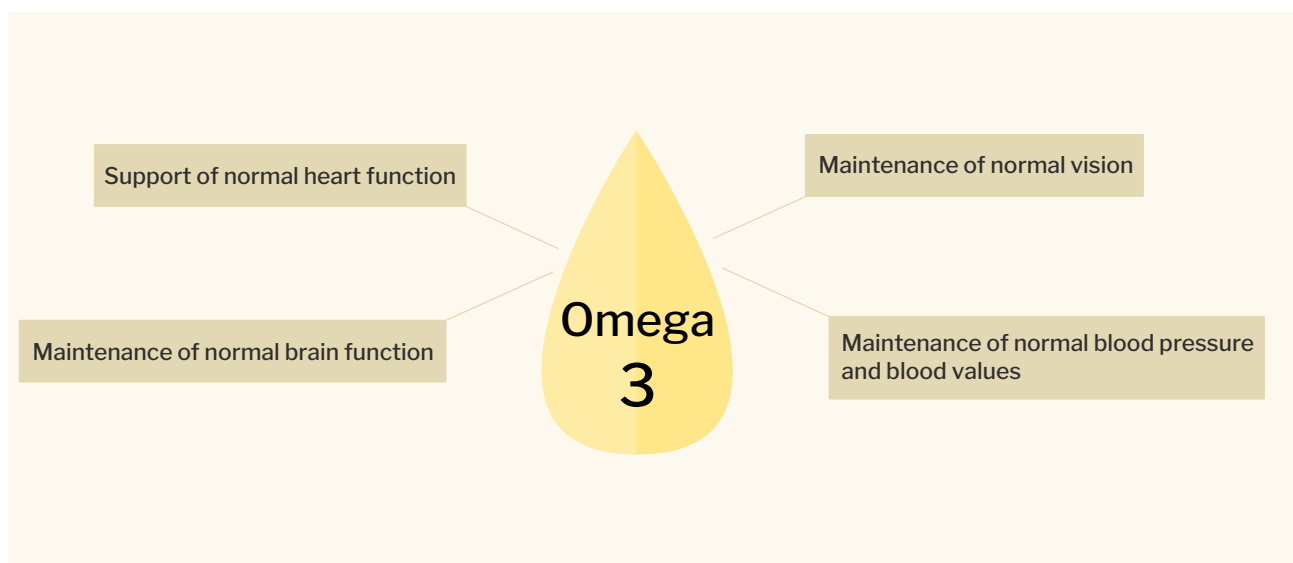
When up taking omega-3 fatty acids by the mother, DHA contributes to the normal development of vision in infants as well as the normal development of the eyes and brain in the fetus as well as in the breast-fed infant.

## Counteract an unfavourable omega-6/3 ratio

Our body needs a balanced ratio between omega-6 and omega-3 fatty acids, namely 3:1 to 1:1 – ideally. Omega-6 fatty acids are being discussed in regard to unfavourable metabolic responses that may lead to increased inflammability in organism. More and more experts consider the omega-6/3 ratio as a factor for silent inflammation in the body.

Since the Stone Age, our food has been in balance between the two fatty acids. Altered, industrialized dietary habits of our modern lifestyle (use of cheap vegetable oils, animal fattening with false fatty acid accumulation, etc.) has greatly changed the omega-6/3 ratio negatively. Today, this ratio is around 15:1 in the average population. Adolescents below the age of 25 have an average score of 25:1.

AlgaeDHA is an algal Omega-3 produced from the micro algae Schizochytrium. Although fish oil is well known for having a high content of EPA and DHA, micro algae such as zooplankton and phytoplankton are the original source of DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) omega-3 fatty acids.



100 % vegetable from a sustainable source

AlgaeDHA is a 100 % vegetable algae oil in vegetarian capsules and is therefore also suitable for people who are free from animal based food and who want to supply the important marine omega-3 fatty acids EPA and DHA. By cultivating the algae, we conserve the resources of the sea. The micro algae in the sea remain as the nutritional basis for the fish and krill population.

## Quality and purity of AlgaeDHA algae oil

The algae are cultivated in artificial seawater and subsequently fermented in an aqueous environment. The crude oil is extracted using a centrifuge. The process is particularly gently applied to the fatty acids. The AlgaeDHA algae oil is produced in an oxygen-free processing environment so that our oil is optimally protected against oxidation. Oxidation of fatty acids means their destruction. They become "rancid" as called in people's dialect. Micro algae are hardly affected by pollutant accumulation compared to fish. Due to the cultivation of the algae, algae oil is naturally very low in pollutants. In addition, the algae oil is specially filtered in a modern plant.

## Ingredients

Omega-3 rich algae oil (schizochytrium), purified, capsule shell: corn starch

## Content

90 capsules or 106 g. Sufficient for 30 days.

AlgaeDHA can be obtained from:



Legal note: This product is for nutrition and therefore does not affect any Drug Act of any country. A good nutritional status can help the organism prevent or to overcome diseases. All statements describe characteristics and physiological effects, which can be different for consumers, and do not constitute a healing or health promise. Many of the claims used are evaluated by the European Food Safety Association (EFSA).

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