

Arctic Blue MSC fish oil is rich in fatty acids EPA and DHA and has approved – scientifically substantiated – health claims for the HEART ❤️, BRAIN 💡 AND EYES 👁️.



- **EPA and DHA contribute to** the normal function, at a daily intake of 250 mg EPA+DHA.
- **DHA contributes to** maintenance of normal brain function and normal vision, at a daily intake of 250 mg DHA.

We all know that Omega-3 is important for growing kids. Interestingly, Omega-3 provides many more and different health benefits. Claiming health benefits related to diseases is forbidden. But many consumer and patient organisations are getting more and more enthusiastic about Omega-3 on their websites:

Diabetes – Sufficient Omega-3 fits very well in the life of a diabetic person. According to the Dutch Diabetic Organisation, Omega-3 plays a role in improving the insulin sensitivity and fat metabolism.

Weight management – Endurance as well as strength athletes more and more see the difference advantages of Omega-3. Improved endurance and joint condition are reported apart from the common benefits for the heart, brain and vascular system.

(Amateur) athletes – Steeds meer sporters zien het belang van voldoende Omega-3. Duursporters maar zeker de krachtsporters zijn flinke Omega-3 gebruikers en ervaren verschillende voordelen.

Elderly – Many elderly report the reduction of (morning) muscle stiffness, related to the intake Omega-3.

In general it is expected we are going to hear much more on what the impact of sufficient Omega-3 will be in order to stay healthy. There is a lot of promising research going on and there are many indications that sufficient Omega-3 plays a role to reduce symptoms of inflammation related diseases like eczema, psoriasis, bronchitis, asthma and Crohn's disease.



SUBSCRIBE

for the newsletter and twitter to receive the latest health insights.

