

Omegamed Pregna

Capsules

Dietary supplement

Product for pregnant women and breastfeeding mothers.

Omegamed® Pregna provides optimal daily portion of DHA (docosahexaenoic acid) to pregnant women and breastfeeding mothers. DHA, the best from Omega-3, supports proper development of brain and eyes in foetus and breastfed infants¹.



Omegamed® Pregna contains unique form of DHA from algae (Life's DHA) worked out specially for pregnant and breastfeeding.

DHA contained in Omegamed® products is:

- from original source-extracted from natural algae *Schizochytrium* sp., which is an original safe source. It means better taste and smell as well as good absorption and tolerance.
- clean- algae, from which DHA is extracted, are planted in controlled conditions, away from marine tanks. It means no risk of contact with potentially dangerous pollutions which appear in natural environment, such as dioxin, methylated mercury, polychlorinated biphenyls (PCB).
- perfect-effectiveness and safety are confirmed by valuable researches¹ and tradition of use. It means that it is checked and perfectly adjusted to needs of the most demanding and sensitive to insufficiency of this ingredient consumers.

Varied diet and healthy lifestyle are important to stay healthy.

Content:

Ingredients: capsule content: oil from microalgae *Schizochytrium* sp. containing DHA (docosahexaenoic acid) [algal oil; high oleic sunflower oil; flavouring; antioxidants: tocopherol-rich extract, fatty acid esters of ascorbic acid]. Capsule shell: gelatin; humectant: glycerol; colour: iron oxides and hydroxides.

Active ingredient	Recommended daily intake	
	1 capsule	2 capsules
DHA from algae (Life's DHA®)	200 mg	400 mg

How to use:

Capsule should be swallowed and drunk with water. Preparation should be taken during or after meal.

Recommended daily intake:

1 capsule a day

**2 capsules a day in case of low consumption of fish

Do not exceed the recommended daily intake of the product.

Dietary supplement cannot be used as a substitute of a varied diet.

Do not use with observed hypersensitivity to any ingredient of the product.

Packing:

- Net weight: 20,4 g (30 capsules □ 680 mg)
- Net weight: 40,8 g (60 capsules □ 680 mg)

Literature:

1. Health claim: „Consuming of docosahexaenoic acid (DHA) by mother supports proper development of brain and eyes in foetus and breastfed infants”. Beneficial effect appears in case of consuming 200 mg of DHA daily over consuming of omega-3 fatty acids for adults, i.e. 250 mg of DHA and eicosapentaenoic acid (EPA).
2. Carlson S. i wsp. Am J Clin Nutr 2013; 97:4 808-815 2. Imhoff-Kunsch B. i wsp. Pediatrics. 2011 Sep;128(3):e505-12. 3. Birch EE I wsp. Journal of Pediatrics 2010;156:902-6. 4. Minns L. I wsp. PLEFA 2010;82:287-293.