

Gold Omega 3 D3 + K2



food supplement

Ingredients for a strong heart, circulatory system and bones

Gold Omega 3® D3 + K2

A dietary supplement with a high content of omega-3 with vitamins D3 and K2. Premium fine concentrated cold-water fish oil with a 65% standardised content of omega-3 fatty acids supplementing the diet with essential omega-3 fatty acids. Gold Omega 3® D3+K2 also contains a high amount of natural vitamin K from natto, featuring in its most digestible and active form - menaquinone-7 (vitamin K2). The product has been supplemented with 2000 IU of vitamin D (D3).

Omega-3 EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) contribute to the proper functioning of the heart (a beneficial effect is obtained when consumption is equal to 250 mg of EPA and DHA daily).

Vitamins D and K help maintain the proper functioning of the cardiovascular system - vitamin K contributes to the normal coagulation of blood, while vitamin D helps maintain normal calcium levels in the blood.

Vitamin D also plays a role in maintaining healthy bones and teeth, contributes to the proper absorption of calcium and phosphorus, and ensures the proper functioning of the immune system.

Vitamin K also contributes to maintaining healthy bones

Składniki

Nutritional information	1 capsule	NRV*
Fish oil (65% omega-3 fatty acids)	1000 mg	-
of which:		
33% of eicosapentaenoic acid (EPA)	330 mg	-
22% of docosahexaenoic acid (DHA)	220 mg	-
10% of other omega-3 acids	100 mg	-
Vitamin D (D3)	50 µg (2000 j.m.)	1000%
Vitamin K (K2)	50 µg	67%
Vitamin E (mg α-TE)	12 mg	100%

*NRV - nutrient reference value

Components: Fish oil (source of omega-3 fatty acids), vitamin K (menaquinone-7 - vitamin K2 produced from soya by fermentation), vitamin E - D-alpha-tocopherol, vitamin D (cholecalciferol - vitamin D3); shell components - gelatine, water, humectant - glycerol, food colouring - E 150d.

Zastosowanie

Purpose: the product is intended for adults, supplementing the diet with polyunsaturated omega-3 fatty acids and vitamins D and K. The product is especially recommended for those taking care to maintain the proper functioning of their heart, cardiovascular system, and keeping their bones healthy and strong.

Dawkowanie

Recommended daily intake 1 capsule daily after a meal with plenty of water. <

Do not exceed the recommended daily dose.

Dietary supplements cannot be used as a substitute for a balanced diet.

Maintaining a balanced diet and healthy lifestyle is recommended.

Note: the product may contain traces of soy lecithin. If you are taking anticoagulants, consult a doctor before using this product. Do not use other supplements with vitamin D or K. Do not use if you are hypersensitive to any of the ingredients of the product