

Pharmepa COMPLETE – a nutritionist’s guide

Pharmepa COMPLETE provides a source of omega-3 EPA and DHA with omega-6 GLA for intensive long term health support. Before you begin supplementation, we have prepared some additional information about this product, which you may find useful for optimal results with your nutrition regime.

Dosing guidelines

Two softgels of *Pharmepa COMPLETE* are required to receive the full dosing amount as indicated on the nutritional panel.

Some people are highly sensitive to new supplements and changes in their diet; if this sounds like you, try starting with 1 softgel per day and increase the dosage over the course of 4 weeks. If you’re not so sensitive to change, it is perfectly safe to start with 2 softgels straightaway.

How to maximise absorption

The body has a limited capacity to absorb fats at any one time. To maximise absorption, we recommend split-dosing, morning and evening, and taking with food, preferably containing a source of fat (e.g. oily fish, olives, avocado, nuts or seeds) as this will stimulate the body’s natural production of bile and digestive enzymes, which will further aid the absorption of the fish oil.

Fishy smell and taste

The fish oil used in *Pharmepa COMPLETE* is derived from small, sustainable oily fish and therefore may have a natural odour. We have added natural lemon flavour to the softgels to help overcome any fish reflux. We also recommend taking the supplement at the start of a meal to prevent it from sitting in the stomach for a longer period of time, potentially leading to reflux.

Swallowing difficulties?

If you find swallowing softgels a challenge, the natural lemon flavour largely disguises any fish odour or flavour, so you could consider snipping or piercing the softgel and mixing the oil into a fluid (yoghurt or juice) for easier consumption. If you do open it, please consume the oil as soon as possible as it will no longer be fully protected from oxidation.



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Nutritionist*

....another note on oxidation

We have added vitamin E to protect the oil from oxidation within the softgels. Nevertheless, as stated above, opening the softgel will expose the oil to oxidation and is therefore only recommended if you are going to consume it straight away.

Similarly, please do not store the softgels anywhere warm (room temperature is generally fine). If you are lucky enough to live in a warm climate, it might be worth considering refrigeration at the hottest times of the year. Although the blister foil provides another layer of protection against oxidation, we've had reports that cool storage is required in humid climates.

Feeling the benefits

If this is your first time taking fish oil, we suggest it may take up to 3 months or more before you notice benefits, and this very much depends on individual variability and environmental factors. Results from testing omega-3 fatty acid blood levels in our customers reveal that it very much depends on your starting point – if your AA to EPA ratio is very high, for example, it can take longer to reduce that ratio, and although cellular incorporation is happening, it may take longer to feel the benefits. Similarly, an individual weighing over 90kg is likely to take longer to restore omega-3 biomarkers than a 60kg adult taking the same dose. Perhaps you could start by recording your reasons for taking *Pharmepa COMPLETE* (e.g. symptoms) and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your health.

The safety of *Pharmepa COMPLETE*

There are many wonderful benefits of taking purified, concentrated fish oils and fortunately, they are well tolerated. Although compatible with most prescription drugs, herbs and other supplements, please ensure you discuss supplementation with your GP if you are taking any prescription drugs just to be on the safe side.

Ongoing nutrition support & advice

Igennus nutritionists are on hand to answer any queries you may have about any of our products. You can contact us via live chat at [igennus.com](https://www.igennus.com), email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

The bottom of the page features a decorative border with stylized green leaves of various sizes and orientations, interspersed with small, dark green raindrops falling from the top.