

Echiomega – a nutritionist’s guide

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 *Echiomega* are required to receive the full dosing amount as indicated on the nutritional panel. We recommend 2 softgels for general health, but it is safe to supplement with up to 4 softgels per day for more intensive support for a limited period (3 months).

Some people are sensitive to new supplements and changes in their diet; if this sounds like you, try starting with 1 softgel per day (with food) and slowly increasing the dosage over a course of 4 weeks. If you’re not so sensitive to change, it is perfectly safe to start with the full dose straightaway.

How to maximise absorption

The body has a limited capacity to absorb fats at any one time so, to maximise absorption, we recommend split dosing your softgels by taking one with each meal, preferably containing a source of fat (e.g. 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 oil.

Feeling the benefits – it takes time to increase EPA levels in cells

There is no set time for benefits to become apparent; whilst some of our customers notice the benefits of *Echiomega* relatively quickly, for others it may take 3 months or more before they notice benefits, and this very much depends on individual variability and environmental factors. Analysing results from testing omega-3 fatty acid blood levels in our clients reveals 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 *Echiomega* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice very gradual improvements in your health.



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Ask a nutritionist

Igennus nutritionists are available 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 askouexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

