

# Omegaflex® – our nutritionist's guide

Omegaflex is an advanced formula delivering a unique blend of nutrients to provide comprehensive joint 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**

Adults and children over the age of 12 are recommended to take 2 softgels daily to receive the full serving. For individuals who are especially active or those who require additional joint support in later life, we recommend taking four softgels daily.



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# How to maximise absorption

We recommend dividing the daily dose into two to support all-day nutrient levels. Because *Omegaflex* provides omega-3 & 6 fatty acids EPA & GLA and the body has a limited capacity to absorb fats at any one time, we suggest splitting the dose to maximise absorption. We also recommend taking the softgels with meals (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 to aid the absorption of the nutrients.

# Feeling the benefits

Feeling the benefit of any supplement is subjective to the individual. Perhaps you could record your reasons for taking *Omegaflex* (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 Omegaflex

Whilst the ingredients contained within *Omegaflex* are generally considered safe and well tolerated, *Omegaflex* is not to be taken during pregnancy and breastfeeding or by children under the age of 12, due to a lack of studies on glucosamine in these populations. It can usually be taken with other supplements and medication, but if you are on prescription medication, please check with your healthcare practitioner.



#### Fishy smell and taste

The fish oil used in *Omegaflex* is derived from small, sustainable, oily fish and therefore may have a natural odour. To help overcome any fishy reflux, we recommend taking the supplement at the start rather than at the end of a meal as it may sit in the stomach for a longer period, possibly leading to reflux.

# Taking other supplements alongside Omegaflex

Many people take other supplements alongside *Omegaflex*, a high-dose omega-3 supplement for example. When taking a separate omega-3 supplement, such as *Pharmepa COMPLETE*, it is perfectly safe to take the total recommended dose for both products. Many studies show that taking omega-3s EPA & DHA may help to maintain inflammatory balance in the body and often cite the use of doses up to and over 2g daily. If you're still unsure, feel free to contact us via Amazon.

#### Ongoing nutrition support & advice

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, email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

