

Omega-3 Fish Oil & D3 – 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

Omega-3 Fish Oil & D3 has been developed to support general health. Thanks to the high concentration of this oil, a smaller-than-average softgel delivers a high strength dose of omega-3 EPA and DHA fatty acids and ideal levels of vitamin D3 for lifelong wellbeing, therefore you only need to supplement with 1 softgel per day.

How to maximise absorption

We recommend taking the softgels 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 *Omega-3 Fish Oil & D3* softgels 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. For this reason, we also recommend taking the supplement at the start of a meal rather than afterwards, as it may sit in the stomach for a longer period of time leading to reflux. In the same instance, ensure you do eat something when you take your supplement as the digestive enzymes you will naturally produce when consuming food will also support the quick digestion of the softgel and prevent it from sitting in the stomach.

Swallowing difficulties?

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



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....another note on oxidation

We have added vitamin E to the formulation to protect the oil from oxidation within the softgel. As stated above, opening the softgel will expose the oil to oxidation and is therefore only recommended if you are going to consume it straightaway. Similarly, please do not store the softgels anywhere warm (UK room temperature is generally fine). If you live in a warm climate, it might be worth considering refrigeration at the hottest times of year.

Softgels stuck together?

Whilst rare, softgels can stick together. Please note that if this should occur, the softgels are still safe to consume. We recommend simply putting the bottle in the fridge for a while before gently shaking the bottle to loosen the softgels.

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

Whilst our customers notice the benefits of *Omega-3 Fish Oil & D3* after varying times, we suggest it may take 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 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 *Omega-3 Fish Oil & D3* (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.

The safety of *Pure & Essential Omega-3 Fish Oil & D3*

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.

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 askourexpert@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

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