

Pharmepa RESTORE – 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

Each small, easy-to-swallow softgel provides 500mg EPA and this supplement is a convenient way to achieve flexible EPA doses between 500mg-1g daily (we do not recommend exceeding this amount unless under the advice and care of a physician). 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 2 softgels straightaway.



*Maxine Sheils BSc (Hons), DipCNM
Nutritionist*

How to maximise absorption

Each softgel contains 500mg of EPA, so it is often best to split the dose to maximise absorption, because the body has a limited capacity to absorb fats at any one time. We also 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 *Pharmepa RESTORE* softgels is derived from small, sustainable, oily fish and may have a natural odour. We have added natural lemon flavour to the softgels to help overcome any fishy reflux. We recommend taking the supplement at the start rather than at the end of a meal, if you are prone to reflux.

Swallowing difficulties?

Pharmepa RESTORE softgels are quite small compared to many omega-3 capsules, so most of our clients have no problems with swallowing them. If you do find swallowing softgels a challenge, the natural lemon flavour largely disguises any fish odour or flavor, so another option is to carefully snip open the softgel and mix the oil into a fluid or food such as yogurt for easier consumption. If you do snip it open, please consume the oil as soon as possible as it will no longer be protected from oxidation.

....another note on oxidation

We have added vitamin E to the formulation to protect the oil from oxidation within the softgel. Please do not store the softgels anywhere warm (room temperature is generally fine), so if you are lucky enough to live in a warm climate, it might be worth considering refrigeration at the hottest times of year.

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 *Pharmepa RESTORE* 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 *Pharmepa RESTORE* (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 *Pharmepa RESTORE*

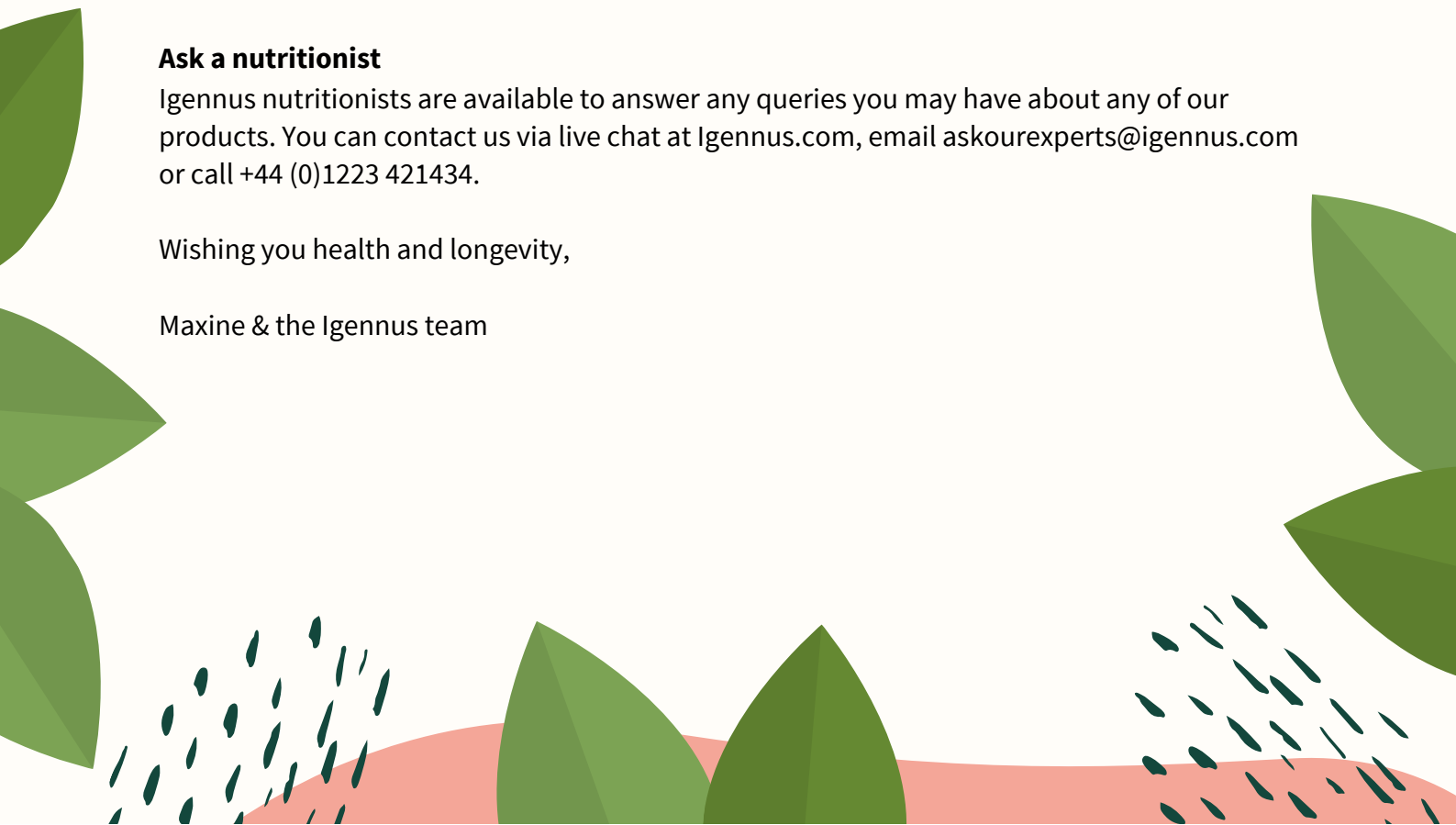
There are many wonderful benefits of taking purified, concentrated fish oils and fortunately, they are well tolerated. Although compatible with most prescription drugs, herbs and other supplements, please ensure you discuss supplementation with your GP if you are taking any prescription drugs just to 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 askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

The bottom of the page features decorative graphics including large green leaves on the left and right sides, and a stylized rain pattern of dark green teardrop shapes falling over a light pinkish-red ground area at the bottom.