

Vegan Omega-3 & Astaxanthin – 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

Some individuals take *Vegan Omega-3 & Astaxanthin* for general health and wellbeing, while others use it for more intensive support, so dosage recommendations vary according to individual requirements. For adults and children aged 14+, we generally recommend 2 softgels daily. For additional support, adults may take 2 softgels twice daily.

How to maximise absorption

To enhance bioavailability, take these softgels with food, either during or immediately after a meal that contains a source of fat as this will stimulate the production of digestive enzymes to support the digestion and absorption of the softgel contents. Split the daily dose for optimal absorption.

Feeling the benefits –it takes time to increase omega-3 levels in cells

While users may notice the benefits of taking *Vegan Omega-3 & Astaxanthin* within a fairly short time, please note that it can take 3 months or more to feel a benefit from omega-3 supplements, as the long-chain fatty acids are slowly but surely incorporated into every cell in the body. Many people take omega-3 supplements for general good health, or as a preventative measure, therefore may not notice any specific effect. If, however, you are taking *Vegan Omega-3 & Astaxanthin* to support a specific condition, it may be a good idea to record your symptoms and score them on a scale of 1-10, before beginning supplementation. By reviewing these each month, you may start to notice gradual improvements in your wellbeing.

Safety

Vegan Omega-3 & Astaxanthin is tolerated well by almost everyone. It is ultra-pure and free from PCBs, mercury and toxins. 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.



Dr Danielle Crida, MBChB, Dip Nut

Storage

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.

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,

Danielle & the Igennus team

