

Vegepa® – 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 *Vegepa* for general health and wellbeing, whilst others use it to support a health condition, so dosage recommendations can vary according to individual requirements. As a general rule of thumb, we recommend 2 softgels per day for general health and wellbeing if you aren't consuming oily fish twice each week, and up to 8 softgels to support specific health conditions. Some people are highly 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 the course of 4 weeks. If you're not sensitive to change, it is perfectly safe to start with 8 softgels straightaway.

How to maximise absorption

Each serving of 2 softgels contains 560mg of EPA plus 18mg GLA, so it is often best to split the dose if you are taking 2 or more softgels daily (unless recommended otherwise by your healthcare practitioner) 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 *Vegepa* softgels 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 of time, leading to possible 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 rapid digestion of the softgel and prevent it from sitting in the stomach.



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Nutritionist*

Concerned about oxidation?

We have added vitamin E to the formulation to protect the oil from oxidation within the softgel so opening the softgel will expose the oil to oxidation and is therefore only recommended if you are going to consume it straightaway (although this may not taste very nice).

Similarly, 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. Although the foil blister provides extra protection against oxidation, we've had reports that in the humidity of South East Asia they may require cool storage.

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

Whilst our customers notice the benefits of *Vegepa* at varying stages, 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. You may find it useful to start by recording your reasons for taking *Vegepa* (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 *Vegepa*

There are many wonderful benefits of taking purified, concentrated fish oils and fortunately, they can be tolerated in rather high doses (up to 3 grams per day, short term) without having a negative effect on health. They are also compatible with most prescription drugs, herbs and other supplements. As fish oils naturally help to thin the blood, please ensure you advise your GP if you are taking any prescription drugs that also thin the blood (e.g. warfarin), as they may need to monitor you more closely, but overall, fish oil will support the simultaneous use of prescription blood thinners.

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

