

High Absorption Omega-3 Wild Fish Oil – 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.

Dosing guidelines

For adults & children aged 14+, we recommend 2 softgels daily. Consistent intake is recommended for optimal results.

How to maximise absorption

Each softgel contains 680mg omega-3 wild fish oil, so it's 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 *High Absorption Omega-3 Wild Fish Oil* softgels is derived from responsibly sourced, wild and deep-sea 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.

A note on oxidation

We have added astaxanthin to the formulation to protect the oil from oxidation within the softgel. 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.



*Maxine Sheils BSc (Hons), DipCNM
Nutritionist*

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

Whilst our customers notice the benefits of *High Absorption Omega-3 Wild Fish Oil* 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 reveal 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 *High Absorption Omega-3 Wild Fish Oil* (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 *High Absorption Omega-3 Wild Fish Oil*

There are many wonderful benefits of taking purified, concentrated fish oils and fortunately, they can be tolerated in rather high doses without having a negative effect on health. Furthermore, we only use pure oil that is free from PCBs, mercury and dioxins; in fact, the limit we set for the mercury content of our raw EPA oil (<0.005PM) before purification is 20 times lower than the maximum permitted by GOED and IFOS (0.1PPM) for finished products, meaning the contaminant levels in our raw oils are significantly lower than is legally required in finished products.

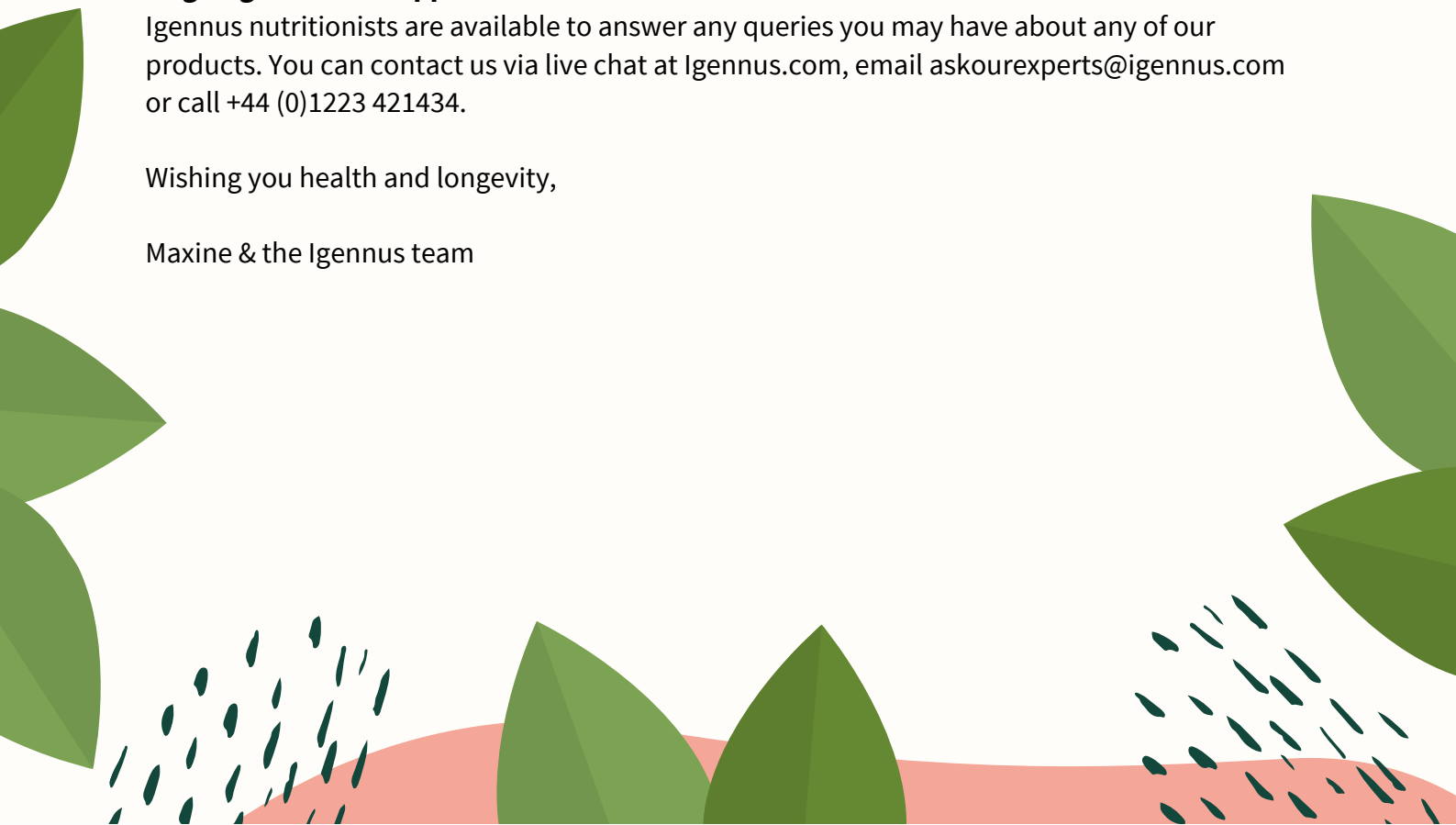
As fish oils naturally help to thin the blood, please ensure you advise your GP if you are taking any prescription drugs that also thin the blood (e.g. warfarin), as they may need to monitor you more closely.

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](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 a decorative border with stylized green leaves and raindrops. The leaves are in various shades of green and are scattered across the bottom edge. Raindrops are depicted as small, dark green teardrop shapes falling from the top of the leafy area.