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MorEPA

Fish oil is recommended for a healthy diet as it contains the omega-3 fatty acids, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) that reduce inflammation throughout the body. Omega 3 fatty acids are primarily found in oily fish such as salmon, fresh tuna, mackerel, herring, sardines and pilchards. We should eat two portions of fish per week, one of them oily. The American Heart Association recommends the consumption of 1g of fish oil daily, preferably by eating fish, for patients with coronary heart disease

The Heart

People with certain circulatory problems, such as varicose veins, benefit from EPA and DHA in fish oil. Fish oil stimulates blood circulation, increases the breakdown of fibrin, a compound involved in clot and scar formation, and has been shown to reduce blood pressure. There is strong scientific evidence that omega fatty acids reduce triglyceride levels & regular intake reduces risk of secondary and primary heart attack

The Brain

There is evidence that omega 3 fatty acids supplementation might be helpful in cases of depression and anxiety. It is thought that omega 3 helps your brain work more efficiently, so serotonin, which can boost your mood, has more of an effect on you. There is no conclusive evidence, but Omega-3 supplementation is thought to be beneficial in preventing Attention-deficit hyperactivity disorder (ADHD in children

The Eyes

Recent research in the University of Melbourne showed that Omega-3 reduced age related macular degeneration, a major cause of blindness in the over 50's

Arthritis

Foods rich in omega-3 have an anti-inflammatory effect, this can reduce pain associated with inflamed joints & thus pain and stiffness associated with inflammation

MorEPA

MorEPA are the richest and purest source of Omega 3 EPA fish oil you can buy. One 1,000 mg capsule contains 535 mg EPA (approx) and 87 mg of DHA (approx) of pure essential Omega 3 fatty acids. The capsules are free from odour and any fishy taste due to the addition of natural lemon. Just one capsule per day gives you the entire Omega 3 EPA you need. This means you can avoid the surplus fat that you would get from consuming ordinary fish oil.

MorEPA costs €29.95 per month supply

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