



# Pure-3

High potency Omega-3  
+Folic acid+B<sub>6</sub>+B<sub>12</sub>

*lactose- &  
gluten-free*

One capsule contains:  
1000 mg Sea fish  
180 mg EPA  
120 mg DHA  
+ 300 µg Folic acid  
+ Vitamin B<sub>6</sub>+B<sub>12</sub>+E

## Balance of cholesterol and blood fat levels

The benefits of **Omega-3 fatty acids** were discovered among Eskimos in Greenland. Even though their diet is unbalanced and fatty, Eskimos remain longer healthy while aging. Their predilection food, fish from cold waters, is very rich in Omega-3 fatty acids. The most important representatives of the Omega-3 family are Docosahexaenoic acid (DHA) and Eicosapentaenoic acid (EPA).

Since then, it has been recognized that a regular intake of Omega-3 fatty acids is important for the organism. Omega-3 fatty acids act positively on the balance of cholesterol and triglycerides in the blood.

The **Doppelherz® aktiv Pure-3** capsules also contain **Folic acid** and **Vitamins B<sub>6</sub> and B<sub>12</sub>** which collectively contribute to reduce homocysteine levels in blood. This is important to keep healthy blood vessels. These vitamins are also needed for the division and maturation of red blood cells which are responsible for the distribution of oxygen within the organism.

**Vitamin E** participates in cell defense mechanisms against oxidative stress.

Omega-3 fatty acids are major actors in health of the heart and of the circulatory system.

### One capsule contains:

1000 mg Sea fish oil (18 % Eicosapentaenoic acid, 12 % Docosahexaenoic acid, Omega-3 fatty acids in total 30 %), 10 mg Vitamin E, 300 µg Folic acid, 3 mg Vitamin B<sub>6</sub>, 3 µg Vitamin B<sub>12</sub>.

### Recommendation:

Take 2 capsules daily at meal with enough liquid. Do not chew.

Do not exceed the stated recommended daily dosage!  
Food supplements should not be used as a substitute for a varied diet.  
The product should be stored out of the reach of children.

Doppelherz® aktiv capsules are tasteless and odourless.

### Energetic value:

1 capsule corresponds to 11 kcal/46 kJ.



  
**Queisser**  
PHARMA  
GmbH & Co. KG  
D-24914 Flensburg  
Germany  
email: info@queisser.de  
www.doppelherz.com