

The only vegetarian source of EPA and DHA Omega 3 fats

Plant-based vegetarian sources of omega 3 essential oils, such as flaxseed oil, contain the least effective alpha linolenic acid (ALA) form. Unfortunately only about 10% of ALA is converted in the body to the more effective DHA and EPA forms. This means that vegetarians often have low levels of these two effective forms, essential for cardiovascular protection, immune system function and brain health.

Why omega 3 essential oils from algae?

There is only one vegetarian source of DHA and EPA omega 3 fats, and that is algae. Unlike flaxseed oil, algae oil does not contain high levels of ALA, but rather EPA and especially DHA, providing 250% more DHA per unit than fish oil. DHA is also converted into additional EPA as needed by the body.

DHA and EPA essential fats are important

DHA plays an important role in normal brain function and a key role in the structural development of the brain and nervous system. DHA and EPA also protect the heart by various mechanisms which include decreasing triglyceride (blood fat) levels, reducing blood thickness, protecting against clots and through their anti-inflammatory effects. DHA and EPA are also important for immune system health and for foetal development during pregnancy.

Vegetarian Omega 3™

Each vegetarian softgel capsule contains:

DHA (docosahexaenoic acid)	300mg
EPA (eicosapentaenoic acid)	10mg

Dosage:

Adults and children over 12 years of age: Take 2-4 capsules daily.

Children 8-12 years of age: Take 2 capsules daily.

Children 4-8 years of age: Take 1 capsule daily.

Take after the main meal of the day.

The information presented above is the informed opinion of SOLAL Technologies after review of scientific research and medical literature.

**PRESCRIBED BY DOCTORS
RECOMMENDED BY PHARMACISTS™**



Manufactured in a GMP (Good Manufacturing Practice) licensed facility, ensuring pure, safe and uncontaminated products of the highest quality. All our raw materials are tested for potency and purity. Our products do not contain any unhealthy or bulky fillers, but rather are filled to the brim with therapeutic doses of active nutrients and plant extracts.



PROVIDES 250% MORE DHA PER UNIT THAN FISH OIL

ASSISTS FOETAL DEVELOPMENT

REDUCES BLOOD THICKNESS

KEEPS IMMUNE SYSTEM HEALTHY

Vegetarian Omega 3™

CONTAINS EPA AND DHA

Available from Doctors, Leading Pharmacies, Dis-Chem Pharmacies, Health Stores or from SOLAL Technologies. Visit our website for free downloads, comprehensive product information, booklet guide and chart, price list and to watch a free online video on how to use nutraceutical supplements safely and effectively

✓ The most useful health website in SA: www.solaltech.com

Tel: 011 783 3939 or
086 11 SOLAL (Health Line)

Fax: 011 783 3399

Email: solal@solaltech.com

SOLAL
TECHNOLOGIES
ANTI-AGING SPECIALISTS™