

MÖLLER'S OMEGACORE, 60 capsules

MÖLLER'S OMEGACORE contains a high concentration of natural Omega-3 polyunsaturated fatty acids—**1,320 mg per 2 capsules**—which support the cardiovascular system.

It is recommended in cases of:

- **Hypertriglyceridaemia**
- **High cholesterol**
- **High blood pressure**

The recommended daily dose (**2 capsules**) provides **2,000 mg of fish oil** and **1,320 mg of Omega-3 fatty acids**, with a high level of purity and freshness, guaranteed by Möller's.

What are the benefits of natural Omega-3 fatty acids for heart health?

Daily supplementation with natural Omega-3 over extended periods of time (1–5 years) can significantly contribute to:

- **Lowering triglyceride levels**
- **Supporting healthy cholesterol levels**
- **Maintaining normal blood pressure**
- **Improving blood circulation, thanks to its anti-inflammatory role**

Supplementation with natural EPA + DHA (in triglyceride form) results in a greater and faster increase in the Omega-3 Index compared with supplementation with synthetic EPA + DHA (in ethyl ester form), at the same doses.¹

EPA and DHA contribute to the normal function of the heart.*

The **American Heart Association (AHA)** recommends a combination of EPA + DHA at a minimum dose of **1,000 mg/day for patients with coronary heart disease**.

A minimum intake of 1,000 mg of natural Omega-3 per day (EPA and DHA) may reduce the risk of fatal myocardial infarction by 35%.²

The beneficial effect increases with the daily dose consumed.

Other important organisations, such as the **World Health Organization**, the **European Society of Cardiology**, and the **UK Scientific Advisory Committee on Nutrition**, recommend a higher intake of fish.

For patients with hypertriglyceridaemia, a higher Omega-3 intake—**4,000 mg/day**—is FDA-approved and may be combined with conventional therapies (statins, fibrates, niacin, etc.), acting as an adjunct in supporting heart health.

MÖLLER'S OMEGACORE – for hearts that stay young

Essential Omega-3 polyunsaturated fatty acids also support:

- **Better cognitive performance and may significantly reduce the risk of developing Alzheimer's disease**
- **Reduced joint pain, swelling and stiffness**
- **Bone health, providing support in cases of osteoporosis**
- **Better intestinal function, optimal digestion and reduced post-meal hunger**
- **Support in cases of obesity or metabolic syndrome**
- **A reduced incidence of pulmonary conditions**
- **A lower risk of death in patients with solid tumours and lung cancer**

** The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.*

REFERENCES

¹ Neubronner, J. et al. (2011). *Enhanced increase of Omega-3 Index in response to long-term n-3 fatty acid supplementation from triacylglycerides versus ethyl esters*. **European Journal of Clinical Nutrition**, 65, pp. 247–254.

² *Mayo Clinic Proceedings* (2020). *Effect of Omega-3 Dosage on Cardiovascular Outcomes: An Updated Meta-Analysis and Meta-Regression of Interventional Trials*.

Norwegian Quality Since 1854

Möller's makes no compromises when it comes to quality. The fish oil used as a raw material comes from the pure, cold waters of the Arctic coast and is responsibly sourced.

Möller's has been offering premium products for the health of the whole family since 1854, when Norwegian pharmacist Peter Möller revolutionised the production of natural Omega-3 from fish oil. His innovation in the extraction process - the steam method- is still used today, producing a purer oil while preserving all the natural qualities of essential Omega-3 fatty acids.

Möller's helps maintain overall health and supports the immune system with every OMEGACORE capsule!

Recommended daily dose: 2–6 capsules per day, taken with a sufficient amount of liquid.

2 capsules contain:

- **Fish oil** 2,000 mg
- **Omega-3 fatty acids** 1,320 mg
 - **DHA (docosahexaenoic acid)** 480 mg
 - **EPA (eicosapentaenoic acid)** 640 mg
 - **Other Omega-3 fatty acids** 200 mg

* Nutrient Reference Value according to Regulation (EU) No 1169/2011.

MÖLLER'S OMEGACORE – The right choice for the whole family.

A spoonful of life.

Since 1854.