

## Algae Oil Omega-3 DHA / EPA / DPA - 60

### softgels

TES60

Buy this product at <https://www.nutri4all.com/algenolie-dha-250-mg-epa-125-mg-60-caps>

EPA, DHA, and DPA are essential omega-3 fatty acids, traditionally harvested from fish. Fish get these fatty acids from eating algae. Testa vegan DHA EPA algae oil capsules contain the cleanest, purest essential fatty acids because our vegan omega-3 supplements come directly from algae grown sustainably on land!

## Description

### Dosage

To support health in combination with a healthy diet, we recommend taking 1 capsule per day. One capsule of DHA & EPA per day is equivalent to eating fatty fish twice a week. In some cases, therapists recommend larger quantities.

### Intake

Preferably take with water during a meal. When you take the algae oil with a meal, more of the omega-3 enters your system and more remains in your body over time. However, if you experience burping, we recommend taking it before a meal. Food helps the capsule find its way into the stomach more quickly.

You can also choose to cut open the capsule with scissors or a knife or pierce it with a needle. You can mix the oil with coconut or almond milk, yogurt with lemon flavoring, or a smoothie with banana and almond milk. In such liquids, the oil mixes well and the taste is neutral. Store in a dry, dark place and keep out of reach of young children.

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Testa DHA & EPA algae omega-3 supplements are ideal for everyone. This supplement is also sugar-free, allergy-friendly, non-GMO, and free from ocean toxins.

## Composition

### The recommended daily dose (1 softgel) contains:

Omega-3 fatty acids

DHA (docosahexaenoic acid) – 325 mg

EPA (eicosapentaenoic acid) – 125 mg

DPA (docosapentaenoic acid) – 35 mg

Vitamin E (d-alpha-tocopherol) – 6 mg (50% NRV)

NRV: Nutrient Reference Value

### Ingredients

Algae oil (Schizochytrium sp.), vegan softgel (hydroxypropyl starch, glycerol, carrageenan, purified water), high oleic sunflower oil, d-alpha-tocopherol.

**Categorie:** Omega / Fatty Acids

**Characteristic:** Vegan, Vegetarian



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**Form:** Softgel  
**Free from:** Fish  
**Raw Material:** Algae oil, DHA (docosahexaenoic acid), EPA (Eicosapentaenoic Acid), Omega 3