

*The NUTRITIONAL
MISSING Link*



OHENZ

Softgel Capsules of Omega-3 Fatty Acids with Vitamin E

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Description:

Omega 3 fatty acids are essential unsaturated fatty acids with a double bond (C=C) starting after the third carbon atom from the end of the carbon chain. Vitamin E is used to refer to a group of fat-soluble compounds that include both tocopherols and tocotrienols.

Composition:

- Omega 3 fatty acid - EPA (Eicosapentaenoic acid) 180 mg + DHA (Docosahexaenoic acid) 120 mg.
- Vitamin E (Natural) - 100 I.U

Mode of action:

Omega 3 performs its functions via:

- Promoting Healthy Cell Membranes
- Prostaglandin Production

Vitamin-E addition:

To reduce deficiency of Vitamin-E when co-administered with Omega-3.

Significance:

Clinical evidence suggests that omega-3 fatty acids may be helpful in treating variety of health conditions like:

- **High cholesterol** - By increasing HDL or “good” cholesterol levels & reducing triglyceride levels.
- **High blood pressure** - Lower blood pressure in people with hypertension
- **Heart disease** - Help protect against stroke caused by the development of plaque and blood clots that lead to brain.
- **Asthma** - May decrease inflammation & improve lung function in adults with asthma.
- **Colon-cancer** - Low levels of Omega-3 fatty acids in body are marker for increase the risk of colon cancer.
- **Breast cancer** - Women who eat foods rich in omega-3 fatty acids over many years may be less likely to develop breast cancer.
- **Diabetes** - Helps lower triglycerides & apoproteins (markers of diabetes) & raises HDL.
- **Arthritis** - Reduces tenderness in joints, decrease morning stiffness, and allow for reduction in amount of medications needed for people with rheumatoid arthritis.
- **Osteoporosis** - Helps increases levels of calcium in body, deposit calcium in bones and improve bone strength.
- **Depression** - Help nerve cells to communicate with each other which is an Essential step for maintaining good mental health.

Vitamin E in conjunction when used may also:

- Promote heart health.
- Promote respiratory health.
- Help with normal PMS symptoms.
- Support circulation.
- Support prostate and breast health.
- Act as antioxidant.

La Renon Healthcare Pvt. Ltd.

207-208 Iscon Elegance, Circle P, Prahlad Nagar Cross Roads,
S.G. Highway, Ahmedabad-380015, Gujarat, India.
Phone: + 91-79-3046-1000 (30 lines) | Fax: +91-79-3046-1001
E-mail: info@larenon.com | Web: www.larenon.com

I am: _____
Call me on: _____
Mail me at: _____