

igennus

HEALTHCARE NUTRITION

Pharmepa[®]

MAINTAIN

FOOD SUPPLEMENT

Super-strength wild fish oil & virgin evening primrose oil

OMEGA-3
EPA 750 mg &
DHA 250 mg per serving
plus omega-6 GLA
& vitamins D3 & E

- ✓ Maintains omega-3 & 6 balance
- ✓ 80% super-absorbable triglyceride (rTG)
- ✓ Sustainable fish oil
- ✓ Free from PCBs, dioxins & heavy metals
- ✓ Lemon oil prevents fish reflux

60

easy-to-swallow
capsules

DIRECTIONS FOR USE

- **Adults:** 3 capsules daily
- **Children 12 to 16 years:** 2-3 capsules daily
- **Children 4 to 11 years:** 1-2 capsules daily

It is not advisable to exceed the recommended dose unless advised by a healthcare practitioner. Take Pharmepa MAINTAIN as a split dose with food for optimum absorption.

Seek professional advice before taking any food supplement if you are taking medication, pregnant or breastfeeding. This product should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Store in a cool, dry place away from direct sunlight. Keep out of reach of young children.

BEST BEFORE DATE

Please see base

ADVANCED OMEGA-3 NUTRITION FOR INTENSIVE SUPPORT

The body requires regular intake of certain fatty acids to maintain omega-3 and omega-6 balance. Each daily dose of Pharmepa MAINTAIN provides an optimum ratio of 750 mg EPA, 250 mg DHA and 60 mg GLA for lifelong health, with additional support from vitamins D3 and E. Capsules are small and support split-dosing for optimal absorption.

Pharmaceutical-grade 80% omega-3 concentrate is sourced from wild deep-sea fish and purified to produce an ultra-pure fish oil. GLA is sourced from virgin cold-pressed evening primrose oil, rich in supportive phytonutrients.

The combination of high concentration, strong stability and bioavailability of nature-identical triglyceride (rTG) fish oil makes it **the most effective form of omega-3 at delivering EPA and DHA directly into cells** where they are needed most.

INTENSIVE SUPPORT

- ✓ Omega-3 EPA and DHA support normal heart function with a daily intake of at least 250 mg
- ✓ DHA contributes to the maintenance of normal brain function and normal vision
- ✓ Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood LDL cholesterol concentrations
- ✓ DHA intake during pregnancy and breastfeeding contributes to the normal development of the brain and eyes of the foetus and breastfed infants, with a daily intake of at least 200 mg

SAFE & WELL TOLERATED

- ✓ Free from: dairy, gluten, lactose, soya & yeast
- ✓ Not tested on animals, non-GMO, no artificial colours, flavours or preservatives
- ✓ Halal & kosher
- ✓ Independently batch-tested
- ✓ Vitamin E, protective capsules and blister packaging protect the oil against oxidation from air and light

NUTRITIONAL INFORMATION

Serving size: three capsules

Energy	88.3 kJ / 21.1 kcal
Fat	2082 mg
of which saturated fat	65 mg
of which polyunsaturated fat	1964 mg
of which monounsaturated fat	54 mg
Omega-3 rTG concentrated fish oil	1365 mg
of which EPA (eicosapentaenoic acid)	750 mg
of which DHA (docosahexaenoic acid)	250 mg
Virgin evening primrose oil	717 mg
of which GLA (gamma-linolenic acid)	60 mg
Vitamin E (d-alpha tocopherol)	9 mg*
Vitamin D3	1200 iu (30 µg)**

* 75% of reference intake, **300% of reference intake

INGREDIENTS

rTG (re-esterified triglyceride) EPA & DHA concentrate from wild **fish** oil; capsule shell (**fish** gelatine, emulsifier: vegetable glycerol); cold-pressed virgin evening primrose oil; lemon oil; antioxidant: vitamin E; vitamin D3.

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