



Flinndal Omega-3

Strengthens both body and mind

The Japanese are known for their love of fish. They also have a longer life expectancy than we do. Fish contains a lot of omega-3 fatty acids. Various studies have shown that omega-3 fatty acids are essential for the mind and body of children, adults and the elderly. The Government recommends eating a sufficient amount of fresh fatty fish every day, equivalent to 200 mg of omega-3 fatty acids. But many people do not eat enough fish. These people can clearly benefit from Flinndal Omega-3 capsules. Omega-3 fatty acids from fish supports healthy heart and blood vessels, brain cells, skin, joints and growth in children.








Helps maintain
concentration, memory
and learning ability

Helps maintain a
healthy heart, joints
and brain function



Daily benefits of Flinndal Omega-3

Flinndal Omega-3 capsules have a natural concentration of 70% omega-3 fatty acids. That is a higher level than most other capsules, which only have a concentration of around 30% and also contain a considerable amount of non functional fat. Flinndal Omega-3 capsules are of extremely high quality, pure, small in size and easy to swallow. A single capsule of Flinndal Omega-3 is all you need to receive the minimum recommended daily amount of 200 mg of active omega-3 fatty acids.

	Flinndal	Bodycare	Boots	Eye Q	Seven Seas
number of capsules per day					
concentr.	70%	30%	55%	30,5%	50%
price*	£ 3,47	£ 3,98	£ 6,99	£ 7,99	£ 10,20

* Price per month per person (when purchased for 4 persons in combination with Flinndal Multi) if you wish to take 350 mg of omega-3 daily.

Obtained from wild fatty fish

The pure omega-3 from Flinndal is obtained from wild fatty fish. Flinndal sponsors the Save the Albatross foundation, which protects albatrosses from death and suffering due to long line fishing.

Questions and answers

How does omega-3 affect the brain?

Omega-3 fatty acids are important building blocks for the brain. A sufficient intake of omega-3 ensures better concentration, less susceptibility to stress and a stronger, longer lasting memory.

How can omega-3 benefit children?

Omega-3 helps calm overexcited children and has a facilitating effect on brain functioning. It helps children concentrate better, thereby improving learning.

Do I need extra omega-6 or omega-9 as well?

Plenty of omega-6 and omega-9 can be found in everyday food, so no supplement is required. But to maintain a good balance between omega-3, omega-6 and omega-9, a minimum of 200 mg of omega-3 daily is recommended.

Can I take extra capsules?

Yes. If, for example, you forget to take a capsule, you can take an extra one. However, limit your intake to three capsules per day and seven softgel capsules per week.



Suitable for
all ages

70%
concentrated

