

EpaDhax™ *KIDS*

Active Omega 3®

What is EpaDhax Kids?

EpaDhax™550 Kids is a dietary supplement which presents a high concentration of Omega 3 fatty acids. Unlike others, thanks to its **100% natural cold extraction**, EpaDhax Kids contains these fatty acids, EPA and DHA, in a completely bioavailable state. EpaDhax Kids also contains vitamins A and D3 **in its natural state**. This dietary supplement is specifically made for children, with flavors such as strawberry, cola, lemon and orange, and in different easy to swallow formats.

What are EPA and DHA?

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are long chain polyunsaturated Omega 3 fatty acids (LCPUFAs) present in a natural state in marine oils. Omega 3 fatty acids are considered essential, which means that our body cannot synthesize them, thus the only way to obtain them is by ingestion.

Why is it important to consume Omega 3?

The lack of Omega 3 fatty acids in children's diet, combined with a high consumption of products containing Omega 6 (industrial pastries, fried food, snacks, mayonnaise, margarine, meat from animals fed with feed, etc.) have caused an imbalance in the organism between these two fatty acids. Therefore, the consumption of dietary supplements with EPA and DHA is highly recommended in order to reestablish the balance, highlighting the importance of diet in our health.

What benefits can bring EPA and DHA?

DHA is the main compound in the brain, retina and other nervous tissues; therefore many studies have exposed the positive effects of DHA in neuronal and visual development.

Other research and clinical studies have revealed that marine Omega 3 fatty acids, such as EPA and DHA, are effective in maintaining optimum health in children.

What benefits can bring vitamins A and D?

Vitamin A is a fat soluble vitamin present in EpaDhax Kids as retinol, one of its most active forms.

An adequate vitamin A supply aids in the normal iron metabolism, in the maintenance of natural protection barriers like skin and mucous membranes and in the immune system normal function.

Vitamin D3 is a fat soluble vitamin stored in fat tissue. Fish is one of the few food products that contain this vitamin in a natural state, and the human body is only able to produce vitamin D3 under direct sun exposure. As a result, the use of dietary supplements is frequently required in order to reach an adequate level of this vitamin.

Maintaining the proper level of this vitamin contributes to the normal calcium and phosphorus absorption and utilization, to the normal calcium blood level maintenance and to the immune system normal function. It also contributes to the maintenance of bone, teeth and muscles in normal conditions.

Usage

Recommended dosage: 2 daily capsules, taken with meals. To achieve the beneficial effects of the product it is necessary to take continuously.

This dietary supplement is recommended for children over 5 years; consult your physician in other cases.

Adverse effects and precautions

EpaDhax™ Kids does not present secondary side effects in healthy people as it is a natural dietary supplement (cold extracted). Fish oil can provoke, in some cases, increasing bowel movement, nausea, gas and belching, that may disappear with regular intake.

Consult your physician if any illnesses or allergies are present.

Dietary supplements do not replace a balanced diet. They are a source of nutrients that can be used to complement a normal diet.

Fit for celiac.

Storage

Store in a cool (15–20°C), dry and dark place.

Presentations

Blister 80 capsules

- 20 capsules strawberry flavor.
- 20 capsules cola flavor.
- 20 capsules orange flavor.
- 20 capsules lemon flavor.

EpaDhax™ *KIDS*
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Made in Spain by 26.12749/C
For **EpaDhax S.L.U.**
Pol. Ind. Espiñeira, II fase P22-23
15930 Boiro A Coruña Spain