



Vitamins A, D, C, B1, B2, B5, B6, B9, B12
Minerals Mg Fe I Zn Cu Se Cr Mn Mo

9 VITAMINS AND 9 MINERALS

That contribute to:

- maintain normal brain (DHA, vitamin B5) and visual functions (DHA, Zn, vit. B2)
- reduce tiredness and fatigue (Fe, Mg, vitamins A, B1, B2, B5, B6, B9 and B12)
- the normal functioning of the immune system (Fe, Zn, Cu, Se and vitamins A, D, C, B6, B9, B12)
- the protection of cells against oxidative damage (Zn, Cu, Se, Mn, vitamins E, C, B2)



DHA 80% TG ENZYMATIC

More than 90% of total ω -3 fatty acids

According to the EFSA reports:

- The intake of DHA (docosahexaenoic acid), either alone or in combination with EPA (eicosapentaenoic acid), contributes to the maintenance of normal levels of **triglycerides** in blood ^{1,2} and the maintenance of a normal **blood pressure** ³.
- The intake of DHA in adults (minimum of 250 mg/day) favors the maintenance of **vision** and **brain function** ⁴.
- DHA and EPA contribute to the normal functioning of the **heart** ⁵ (daily intake of 250 mg DHA + EPA).



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Information exclusively for health professionals.

Nutrients
to enhance vitality
and energy

WHY SHOULD WE TAKE OLIGEN VITAL?

OLIGEN Vital broadly covers the intake needs of **DHA + EPA, folic acid and iron**, as well as the basic **vitamins and minerals**.

VITALITY AND ENERGY, DON'T LET ANYTHING STOP YOU

Due to the current pace of life our body and our organism are not always 100%: stress, sedentary life, seasonal changes, social life, among others, make our body react and our health resents manifesting it in lack of energy, tiredness, fatigue or illness.

We need some help not to stop our day to day life and to allow us to be 100%, as a complement to a varied and balanced diet, as well as a healthy lifestyle.

We have created OLIGEN Vital for that, a food supplement rich in DHA, with 9 vitamins and 9 minerals.

References:

- 1. EFSA Journal 2010;8(10):1734
- 2. EFSA Journal 2009;7(9):1263 y 2010;8(10):1796
- 3. EFSA Journal 2009;7(9):1263 y 2010;8(10):1796
- 4. EFSA Journal 2010;8(10):1734 y 2011;9(4):2078
- 5. EFSA Journal 2010;8(10):1796 y 2011;9(4):2078

OLIGEN Vital

Recommended daily dose 2 capsules per day, preferably in the morning. Do not exceed this dose unless expressly indicated.

Ingredients **Fish** oil DHA 80% (antioxidants: extract rich in tocopherols, propyl gallate, ascorbyl palmitate), coating agent (**fish** gelatin), magnesium oxide, humectant (glycerin), ferrous sulfate, emulsifiers (sunflower lecithin), food coloring product (sweet potato, cherry, apple and radish concentrate), emulsifiers (hydrogenated **soybean** fat and glycerol monostearate), zinc sulfate, L-ascorbic acid, beta-carotene, calcium D-pantothenate, manganese sulfate, hydrochloride pyridoxine, copper sulfate, pteroylmonoglutamic acid, cyanocobalamin, thiamine mononidrate, riboflavin, cholecalciferol, potassium iodate, chromium chloride, sodium selenite and ammonium molybdate.

Presentation 60 capsules. Net weight 40,62 g.

Nutritional information

	2 capsules	% NRV
Omega-3 fatty acids	450 mg	
DHA (docosahexaenoic acid)	400 mg	
EPA (eicosapentaenoic acid)	20 mg	
Other omega-3	30 mg	
Vitamins		
A (retinol equivalents)	400 µg	50
D (cholecalciferol)	3,6 mg	72
C (ascorbic acid)	12 mg	15
B1 (thiamine)	0,3 mg	27
B2 (riboflavin)	0,3 mg	21
B5 (pantothenic acid)	1 mg	17
B6 (pyridoxine)	0,6 mg	43
B9 (folic acid)	400 µg	200
B12 (cyanocobalamin)	0,38 µg	15
Minerals		
Magnesium (Mg)	150 mg	40
Iron (Fe)	14 mg	100
Zinc (Zn)	5 mg	50
Iodine (I)	70 µg	47
Copper (Cu)	150 µg	15
Selenium (Se)	9 µg	16
Chromium (Cr)	6 mg	15
Manganese (Mn)	0,3 mg	15
Molybdenum (Mo)	7,2 µg	15