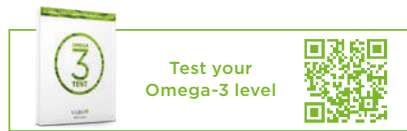




VABO <sup>N</sup>

# OH!MEGA DELICIOUS! Omega-3 Booster



Each jelly individually packed

- ✓ Guaranteed freshness
- ✓ Easy to take away



Tastes deliciously fruity



Good for heart, brain & eyes



With fish oil from FOS-certified sustainable wild-caught fish



Sugar-free



Friend of the Sea certifies products and services that respect and protect the marine environment and is the certification program par excellence, when it comes to omega-3 fish oils. It stands sustainable and conservationist fisheries without bycatch and for the protection of the seabed and marine biodiversity.

Would you also like your daily Omega-3 booster?

For more info on VABO-N OH!MEGA and to order, contact the person, who recommended VABO-N OH!MEGA or visit our website:

[vabo-n.com/en/ohmega](http://vabo-n.com/en/ohmega)



Food supplements are not a substitute for a varied diet.

Printed on fully degradable and recyclable paper.



[vabo-n.com/en](http://vabo-n.com/en)

VABO<sup>N</sup>  
**OH!MEGA**  
 THE OMEGA-3 BOOSTER

Highly dosed omega-3 in delicious fruity jellies.  
 Without fish taste. Without aftertaste.

Numerous studies prove the positive effect of omega-3 on health. Anyone who wants to provide the body with an optimal supply would have to eat fatty marine fish three times a week, consume large quantities of linseed oil, or integrate a huge portion of nuts and seeds into the diet.

So it's no wonder that the omega-3 supplement market is booming. However, many people soon stop taking softgels or oil - they find the unpleasant taste and foul belching too unpleasant. VABO-N has sought and found a solution: OH!MEGA!



**600** mg  
 OMEGA-3  
 PER JELLY | THEREOF  
 362 mg DHA  
 148 mg EPA

Omega-3 fatty acids - they are found throughout the body & they play an important role in the health of people of all ages. We couldn't survive without them! Because they cannot be produced by the body, we need to get them from food.

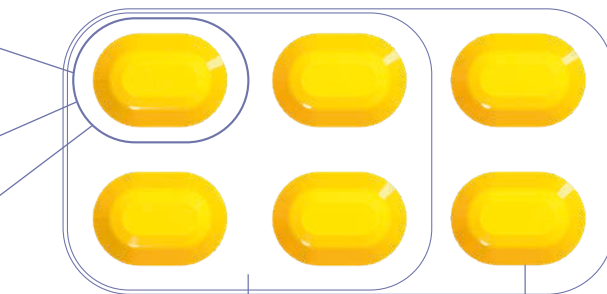
**The WHO recommends a minimum daily intake of 250 mg of DHA and EPA.**

**EFSA (European Food Safety Authority) has confirmed the following effects of DHA and EPA:**

**+ 250 mg DHA)**  
 support the **brain function**  
 and **vision**.

**250 mg EPA+DHA**  
 support the **heart function**.

**200 mg DHA**  
 For pregnant and lactating women, the intake of 200 mg DHA - in addition to the daily dose recommended for adults daily dose of 250 mg DHA + EPA - contributes to the normal development of the eyes and brain in the fetus and breastfed infant. contribute. Since one OH!MEGA Jelly contains 510 mg EPA + DHA, this is also covered with one jelly.



**2 g EPA+DHA**  
 contribute to normal **triglyceride (blood fat) levels** in the blood.

**3 g EPA+DHA**  
 contribute to the maintenance of a normal **blood pressure**.

A total daily intake of 5 g EPA + DHA must not be exceeded.



**OH! ... MEGA DELICIOUS! AND WITHOUT SUGAR!**

Omega-3 has never been so delicious - no fishy taste, no unpleasant burping - thanks to patented and 100% natural technology! And all that without sugar! Children love it too!



**SUSTAINABILITY & ENVIRONMENTAL PROTECTION AS A MATTER OF COURSE**

We are aware of our responsibility and use exclusively fish oil from small fish from guaranteed sustainable and strictly regulated fishing - tested and certified according to the strict standards of „Friend of the Sea“!



**HIGH DOSAGE**

600 mg omega-3 fatty acids in a jelly - with 362 mg DHA and 148 mg EPA to guarantee the positive effects of both omega-3 fatty acids.



**PURITY TO THE HIGHEST STANDARDS**

Thanks to an innovative and unique purification process the purity of our fish oil exceeds purity of our fish oil not only exceeds the EU standards by far, but also those of the of the IFOS\* 5-star rating & the challenging self-imposed GOED\*\* targets.



**BECAUSE BIOAVAILABILITY IS IMPORTANT**

1 mg omega-3 ≠ 1 mg omega-3 The form is crucial. Our fish oil concentrate consists of 90% triglycerides. In this natural form studies have shown that omega-3 fatty acids are up to up to 400% more bioavailable than in commercially available ethyl ester (EE) fish oil concentrates. In addition, the bio-availability increases thanks to the patented manufacturing process. by +40% compared to softgel capsules.

\* International Fishoil Standards Program  
 \*\* Global Organization for EPA & DHA Omega-3 Fatty Acids

The right ratio of omega-3 and omega-6 fatty acids is decisive

For our health, not only the amount of omega-3 we consume daily is crucial, but above all the right ratio between omega-3 and omega-6 fatty acids, because only then - both fatty acids perform their function their mode of action in the body.

While an imbalance to the detriment of omega-3 leads to silent inflammation and classic civilization diseases, a good ratio has, among other things, an **anti-inflammatory effect, improves the flow properties of the blood, has a favorable effect on blood pressure** and much more (see right side).

However, the industrialization of food has increased the proportion of omega-6 fatty acids in our daily diet. daily diet. An increasing imbalance in the intake of omega- 6 and omega-3 fatty acids was the result. Instead of the ideal ratio of omega-6 to omega-3 of 3:1, the actual ratio of a European today averages of a European averages 12:1.

Why linseed oil alone is not enough

Although linseed oil contains the plant-based omega-3 fatty acid ALA (alpha-linolenic acid), it does not have the health effects described above. The body can convert ALA into EPA (eicosapentaenoic acid) which it can turn synthesize into DHA (docosahexaenoic acid) - but only in small quantities. The conversion rate of ALA to EPA and DHA varies greatly from person to person and depends on various influencing factors (age, gender, metabolism, etc.). In the worst case, one assumes less than 10% that is converted to EPA and only about 0.5% that is converted to DHA is converted.

**That means concretely:**

**Just to get to the amount of 362 mg of DHA, you would have to take about 132 ml of flax oil, 330 g of flax seeds or 1 super tasty jelly - the decision is easy, isn't it?**