

# OH!MEGA

Excerpt from the  
different operating  
modes of VABO-N  
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According to the Health Claims  
Regulation of the EFSA



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By the way: The WHO recommends a minimum daily intake of 250 mg DHA and EPA.

VABO<sup>N</sup>

## 01 GENERAL WELL-BEING

- ✓ Contributes to the normal function of the **heart** \_\_\_\_\_ 250 mg EPA + DHA
- ✓ Contributes to the maintenance of normal **vision** \_\_\_\_\_ 250 mg DHA
- ✓ Contributes to the maintenance of normal **blood pressure** \_\_\_\_\_ 3 g EPA + DHA
- ✓ Contributes to the maintenance of normal **blood triglyceride levels** \_\_\_\_\_ 2 g EPA + DHA

## 02 MENTAL WELLBEING

- ✓ Contributes to maintenance of normal **brain function** \_\_\_\_\_ 250 mg DHA

## 03 PHYSICAL DEVELOPMENT

- ✓ Docosahexaenoic acid (DHA) maternal intake contributes to the normal development of the eye and normal brain development of the foetus and breastfed infants \_\_\_\_\_ 200 mg DHA in addition to the recommended daily dose for adults of at least 250 mg DHA + EPA

