

# Gel-3



Gel-3, Omega-3 fatty acids such as DHA (Docosahexaenoic acid) and EPA (Eicosapentaenoic acid) are essential elements in human nutrition. Gel-3 have numerous health benefits, especially for the neurological and cardiovascular system. In neurologi: The human brain is comprised of 60% fats and approximately half of that fat is DHA, omega-3. This means that nature intended the human brain to be “powered” by fats, so to speak and if we don’t have enough DHA (Docosahexaenoic acid), our brain won’t be able to run properly. In heart health: Omega-3 Lowering of blood pressure, Protecting against sudden cardiac death, lowering of blood fat levels, preventing fatal blood clots & maintaining blood vessel dilation. In pregnancy: The fetus brain to develop properly, it needs a great deal of the omega-3’s DHA.

Usage : As a dietary supplement, take 1 softgels daily.