



Sanct Bernhard Sport Omega-3+Vitamin-D3+K2 Capsules

Nutritional supplement with Omega-3 fatty acids, vitamins D3 and K2

Useful information: The perfect trio for active people! Developed to support bones, muscles and heart in all the challenges of everyday life and especially during sporting activity. The following has been confirmed by the European Food Safety Authority (EFSA):

- Vitamin D contributes to the maintenance of normal bones and normal muscle function.
- Vitamin K supports the maintenance of normal bones.
- With a daily consumption of 250 mg or more, Omega-3 fatty acids EPA and DHA demonstrably contribute to a normal heart function.

Ingredients: Concentrated Omega-3 from fish oil (73 %), Gelatine, Glycerine (humectant), Olive Oil, MCT Oil (medium-chain triglycerides), antioxidant containing strong tocopherol extracts, Vitamin K2 (menaquinone-7, MK-7), Vitamin D3.

	per capsule	per daily dose (=2 capsules)	% of NRV recommended daily dose*
Concentrated Omega-3 from fish oil	1000 mg	2000 mg	**
of which:			
Omega-3 fatty acids	600 mg	1200 mg	**
EPA (eicosapentaenoic acid ethylester)	300 mg	600 mg	**
DHA (docosahexaenoic acid ethylester)	200 mg	400 mg	**
Vitamin D3	12.5 µg (500 I.U.)	25 µg (1000 I.U.)	500
Vitamin K2	40 µg	80 µg	107

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

** no reference value available yet

People who are taking blood-thinning medication (anti-coagulants) should consult a doctor prior to taking these capsules.

Recommended dose:

swallow 2 capsules whole per day at meal times with enough fluid. The capsules are not suitable for persons with swallowing difficulties.

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Madew in Germany

Content 120 capsules = 159 g

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