

Natural omega-3 phospholipids and astaxanthin for the brain (memory), nerves, eyes and the cardiovascular system.

Astaxanthin (natural carotenoid) – for more energy and vitality. 4 mg daily is sufficient.

A natural substance with high antioxidant and anti-inflammatory effects. Together with EPA&DHA, astaxanthin slows down the skin's aging process. It increases physical performance and helps to combat fatigue. Numerous studies show that the eyes also benefit from this natural vital substance. They are less tired and accommodation (focus) is improved. The ideal daily dosage is 4 milligrams.

Effect of a curative intake of EPA&DHA-omega-3 fatty acids with phospholipids and astaxanthin:

You have more vitality, age more slowly and your memory improves!

Important anti-aging tips for healthy aging:

- Drink 2 litres of water daily (flushes out uric acid that damages connective tissue).
- Take at least 40 minutes of exercise in the fresh air several times a week.
- Avoid being overweight
- Eat fresh fish twice a week or take omega-3 fish capsules.
- Sufficient protein (by drinking a good tasting protein shake, for example).
Combine with strength training so that your muscle mass is preserved.
- Eat a lot of fresh fruit and vegetables.
- Do not smoke. Moderate wine consumption is recommended.
- Use high-quality oils such as olive oil or rapeseed oil for cooking.
- Consume sufficient dietary fibre.



<https://swisshealthproducts.com/en/products/43/vita-omega-plus-30-mg-q10>



info@shc.ag • www.shc.ag

Specific anti-aging

The combination of omega-3 fatty acids (EPA&DHA), phospholipids and astaxanthin is concentrated vitality! These natural substances improve mental presence, memory, agility and endurance. The typical western diet contains too little EPA&DHA-Omega-3 fatty acids.

Omega-3 fatty acids: The most important ones are called EPA and DHA and are only found in krill and fish!

The omega-3 fatty acids EPA and DHA have a positive influence on the performance of the brain. Thus, the memory becomes more efficient, concentration increases, mood swings are balanced.

Together with astaxanthin, EPA and DHA reduce eye fatigue and have a protective effect on the macula.

The cardiovascular system also benefits from an increased intake of omega-3 fatty acids in combination with phospholipids. Studies show that they have a regulating effect on cholesterol and high blood pressure. The dreaded arteriosclerosis is thus prevented when taken as a therapy.

A high omega-3 index slows down biological aging. Overall, inflammation-promoting messenger substances and thus inflammations are defused by EPA and DHA. The entire organism benefits from this.

Dietary supplements with omega-3 fatty acids should contain at least 500 mg EPA&DHA to have a good effect.

Natural phospholipids – together with EPA&DHA, important nutrients for the brain and nerves – improve memory.

The best friends of memory are natural phospholipids (phosphatidylcholine and phosphatidylserine). These are abundant in krill oil. Together with EPA&DHA they improve concentration and memory performance. Mental health as a whole is positively influenced. They also help the liver as cell protection.

Anti-aging: The ideal combination – krill oil and astaxanthin for the **brain, nerves, eyes** and **cardiovascular system**

Brain/nerves

- Improves memory
- Improves mood
- Improves concentration
- Combats listlessness

Cardiovascular system

- Cholesterol-lowering (total and LDL cholesterol)
- prevention of arteriosclerosis
- antioxidative cell protection



Sight/eyes

- Combats fatigue
- Improves focus
- Improves sharpness of vision
- Protects the macula

Combats inflammation

- in joints
- in the gastrointestinal tract
- the skin
- «Silent Inflammation»

