



Omega-3

Omega-3 30 Mg Capsules

What is Omega-3 Capsules?

• Omega - 3 nutrients belong to a group of polyunsaturated that are essential for good health. Omega 3 nutrients have been shown to have a wealth of benefits in keeping a body healthy. They are necessary for good health, yet our body cannot make them. Scientists have concluded that the body is inefficient in synthesizing these essential Omega 3 nutrients and therefore they must be obtained from our diet.



What is the dietary source of Omega 3 Capsules?

• Omega 3 nutrient are found abundantly in tissues of cold water fish such as salmon, tuna and mackerel. These are unquestionably nature's richest source of natural Omega 3 nutrients. It is also found in flax seed oil. Our daily Indian diet does not provide adequate quantity of omega 3 nutrients especially in case of vegetarian diet. Even in case of non-vegetarian diets the supply is restricted as large quantities of fish need to be consumed.

New ElevenSeas Seacod Active provides a rich and convenient daily supplement of Omega 3 nutrients to help maintain fitness and good health.

Why Omega 3 Capsules is good for you?

Medical research continues to prove that Omega 3 nutrients play an important role in everyday health maintenance. Clinical studies shows that diets based on a high fish intake, like the Eskimos seem to reduce typical illnesses such as heart disease. Omega 3 nutrients are fundamental element in the structure and activity of the membranes of the cell throughout the body in particular. Omega 3 nutrients comprising of Elcosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) are known to provide the following benefits:

- **Maintain healthy heart function**
- **Maintain good circulation**
- **Build Stamina**
- **Healthy Brain Function**
- **Healthy Immune system**
- **Healthy skin**

New ElevenSeas Seacod Active is packed with the power of essential Omega 3 nutrients to help you lead fit and active life. So top up your daily food with all natural New Seacod Active and surprise the world with your fitness.

For optimum health, alongside taking New ElevenSeas Seacod Active daily, maintaining a balanced healthy lifestyle is important. Follow these simple tips:

- **Do not smoke**
- **Reduce intake of alcohol**
- **Take regular moderate exercise**
- **Reduce amount of saturated fats in your diet (e.g. fatty meats, full-fat dairy products, processed foods with a high fat content)**
- **Reduce sodium intake (cooking and table salt)**
- **Base diet on staple foods like bread, rice, pasta and potatoes**
- **Eat more fish (if non-vegetarian), fruits and vegetables**

Who can take New ElevenSeas Seacod Active?

All adults seeking fit and active life should regularly take their daily dose of SevenSeas Seacod Active.

How much of ElevenSeas Seacod Active should you take?

The recommended intake is 1 - 2 capsules daily.

For Composition refer the pack.

Any Queries / Know more about Generics Medicines write us :

Information about Generic Medicines: genericmedicines@tajpharma.com

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According to the Indian Trade Mark the company owns about 450 brands and 4600 generic manufacturing permissions in India. According to the export data analysis the company was the largest exporter of generic medicines to the Europe and Middle East countries.

www.tajpharma.com

The company medicines are present in France, Georgia, Egypt and CIF countries.



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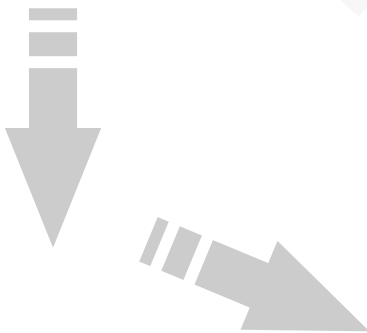
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