

# Nutrifem® DHA 250



## Good thinking

### DHA during pregnancy

The foundation stone for the development opportunities a child has in the further course of life is already laid during pregnancy. In this context, long-term scientific studies increasingly show the importance of the essential omega-3 fatty acid docosahexaenoic acid (DHA). Nutrition experts therefore recommend securing DHA supply with a high-quality DHA preparation from the 13th week of pregnancy at the latest and during the entire breastfeeding period. In larger quantities DHA is found only in fish and fish products. But - no matter if in general or due to the changed taste preferences during pregnancy - fish is not everyone's cup of tea. Women who rarely or not at all eat fish can therefore achieve their daily intake with special DHA preparations.

Nutrifem® DHA 250 from Biogena provides women with DHA, the essential fatty acid, from quality tested highly pure fish oil during pregnancy and while breastfeeding. Thanks to the special refining process, the oil is not just ultrapure but also neutral in smell and taste, making it suitable for sensitive mothers.

### Physiological tasks of the vital substances contained:

- DHA is a building block of cell membranes and is found in high concentrations in the nerves, brain and eye
- DHA promotes the maintenance of normal eyesight (from 250 mg per day)
- DHA helps maintain the normal functioning of the brain (from 250 mg per day)
- The maternal DHA intake supports the brain and eye development in the foetus and the breastfed child. The positive effect occurs as of an additional 200 mg DHA with the recommended dietary omega-3 fat intake (250 mg EPA (eicosapentaenoic acid) and DHA).

### Possible uses:

- For targeted, contaminant-free DHA intake during pregnancy and while breastfeeding
- In the case of an aversion to fish or low fish consumption
- For nutritional support of brain function
- To maintain normal eyesight

**Biogena GmbH & Co KG**  
Strubergasse 24, A-5020 Salzburg, [biogena.com](http://biogena.com)

Part of the  
Biogena Group 

**Toll-free Infoline Austria:** T +43 662 23 11 11, [info@biogena.com](mailto:info@biogena.com)  
**Infoline Germany, Italy and International:** T +49 8654 774 00-0, [deutschland@biogena.com](mailto:deutschland@biogena.com),  
[italien@biogena.com](mailto:italien@biogena.com), [worldwide@biogena.com](mailto:worldwide@biogena.com)  
**Infoline Switzerland:** T +41 43 215 20 59, [schweiz@biogena.com](mailto:schweiz@biogena.com)

Online orders: [biogena.com](http://biogena.com)



## Bioavailable micronutrients in pure form

- According to the pure substance principle
- Without colorants and flavorings
- Gluten-free
- Fructose-free
- Lactose-free
- Tested quality

INGREDIENTS per daily dose	1 Capsule	% NRV*
Fish oil concentrate	500 mg	-
<i>containing: docosahexaenoic acid (DHA)</i>	250 mg	-
<i>containing: eicosapentaenoic acid (EPA)</i>	50 mg	-
Vitamin E (mg alpha-TE)	8 mg	67

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

## INGREDIENTS

**fish** oil concentrate, capsule shell (gelatine from **fish**, humectant: glycerol), D-alpha-tocopherol, mixed tocopherols.

## RECOMMENDED DOSAGE

From the beginning of pregnancy until the end of breastfeeding, consume 1 capsule daily with plenty of liquid with a meal.

## NOTE

Food supplement in accordance with EU Directive 2002/46/EC

## PACKAGE SIZE AND CONTENT

120 capsules (4 months supply), 80 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version: 28.09.2023.



**Biogena GmbH & Co KG**  
Strubergasse 24, A-5020 Salzburg, biogena.com

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Biogena Group 

**Toll-free Infoline Austria:** T +43 662 23 11 11, info@biogena.com  
**Infoline Germany, Italy and International:** T +49 8654 774 00-0, deutschland@biogena.com,  
italien@biogena.com, worldwide@biogena.com  
**Infoline Switzerland:** T +41 43 215 20 59, schweiz@biogena.com

Online orders: [biogena.com](https://www.biogena.com)



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