

# Omega-3 pearls rich in DHA and EPA

Omega-3 fatty acids are a type of polyunsaturated fat that is essential for the human body. They are called essential because the body cannot produce them on its own and they must be obtained through the diet. Omega-3s play a crucial role in brain function, normal growth and development, and inflammation regulation.





# EPA & DHA

## Fish oil

EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are the two most important Omega-3 fatty acids, naturally present in fish oil. In this product, omega-3 is provided in its natural triglyceride (TG) form, the format that the body best recognizes, absorbs, and utilizes, similar to that found in fresh fish.

EPA plays a key role in cardiovascular health, as it is a precursor of series-3 prostaglandins—compounds with significant anti-inflammatory and antiplatelet activity. This contributes to proper blood circulation and the maintenance of healthy blood lipid levels.

DHA, on the other hand, mainly serves structural functions. It is an essential component of the phospholipids in cell membranes, especially in the brain, retina, and nervous system. It is fundamental for the development and maintenance of brain function and vision, and it plays an important role in brain maturation and the proper functioning of the reproductive system.

Thanks to its high content of EPA and DHA in triglyceride (TG) form, this fish oil offers high bioavailability, making it an effective option to support heart health, brain function, vision, and overall well-being.

## Beneficios

### **Benefits of Omega-3 EPA and DHA (fish oil in TG form)**

- **Anti-inflammatory function**

EPA and DHA help modulate inflammatory processes, supporting a balanced inflammatory response—especially relevant for active individuals or those with joint discomfort.

- **Cardiovascular health**

Regular intake of EPA and DHA contributes to the maintenance of normal heart function, helps reduce triglyceride levels, and supports healthy blood circulation.

- **Brain and cognitive health**

DHA is an essential structural component of the brain. It contributes to the maintenance of normal brain function, supporting processes such as memory, concentration, and learning.

- **Vision and nervous system**

DHA helps maintain normal vision and is a key component of nerve cell membranes, playing an essential role in proper nervous system function.

- **Emotional well-being and mental health**

Several studies associate omega-3 intake with mood balance and emotional well-being, particularly in situations of stress or mental fatigue.

- **Pregnancy, lactation, and infant development**

DHA is essential during pregnancy and breastfeeding, as it contributes to the normal development of the fetus's and infant's brain and vision.

- **Gut health and immune system**

Omega-3 EPA and DHA are associated with nutritional support for maintaining intestinal balance and immune system function, especially in inflammatory contexts.

## Scientific papers

- **Omega Fatty Acids and Intestinal Epithelial Cells**  
<https://doi.org/10.35454/rncm.v6n4.544>
- **Omega-3 Fatty Acids and Balanced Gut Microbiota**  
<https://pubmed.ncbi.nlm.nih.gov/33488295/>
- **Omega-3 EPA Is Associated with Lower Risk of IBD**  
<https://pubmed.ncbi.nlm.nih.gov/37887366/>
- **DHA Reduces Inflammation and Damage in Experimental Colitis**  
<https://link.springer.com/article/10.1007/s00394-024-03468-x?>

## Dosage and Use

The recommended daily dose of Omega-3 (EPA and DHA) may vary depending on age, lifestyle, and individual nutritional needs. In general, an intake of 2 softgels per day is recommended, preferably taken with one of the main meals to enhance absorption.

It is essential to choose high-quality Omega-3 softgels, made from purified oils and free from contaminants such as heavy metals or other undesirable substances, thus ensuring safety and effectiveness, as is the case with Algaldo products.

Although Omega-3 is safe when consumed in the recommended amounts, excessive intake may cause mild digestive discomfort or, in rare cases, alterations in blood clotting.

For this reason, it is advised not to exceed the indicated daily dose, unless recommended by a healthcare professional.

## Warnings and Precautions

Omega-3 pearls (EPA and DHA) are considered safe for most people when consumed according to the recommended directions for use. However, as with any dietary supplement, it is important to take the following considerations into account:

### **Interactions with medications**

Omega-3 intake may interact with certain medications, especially anticoagulants, non-steroidal anti-inflammatory drugs (NSAIDs), and some treatments for blood glucose control.

If you are undergoing pharmacological treatment or have any medical condition, it is recommended to consult a healthcare professional before use.

### **Possible side effects**

In rare cases, mild digestive discomfort may occur, such as stomach upset, nausea, reflux, or a fishy aftertaste. In individuals with bleeding disorders or those consuming high doses, there may be an increased risk of bleeding.

For safe and effective use, it is advised not to exceed the recommended daily dose and to use the product as part of a varied and balanced diet.

### **When should you consult a doctor?**

#### **• Pregnancy and breastfeeding**

During pregnancy and breastfeeding, it is recommended to consult a healthcare professional before consuming Omega-3 supplements, as nutritional needs and appropriate dosages may vary during these stages.

#### **• Pre-existing medical conditions**

If you have any chronic condition, such as cardiovascular disorders, diabetes, or bleeding disorders, it is advisable to consult your doctor before starting any dietary supplement.

#### **• Surgical procedures**

If you are scheduled to undergo surgery or a medical procedure, inform your healthcare professional that you are taking Omega-3 supplements.

# CONCLUSION

Omega-3 pearls rich in EPA and DHA are a high-value nutritional supplement that helps support cardiovascular health, contributes to normal brain function, and assists in modulating inflammatory processes. To obtain maximum benefit, it is essential to respect the recommended dosage and to choose high-quality products made from purified oils, with guaranteed purity and safety.

## DOSAGE

2 softgels per day. Before meals.



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## CONTACT

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