

# Product Information Sheet



Fatty Acids

## Eskimo Brainsharp

### Pure & Stable Fish Oil with CoQ 10 & GLA

Eskimo Brainsharp combines the unique stable fish oil, Eskimo-3, with ingredients such as CoQ10 and GLA to optimise brain function and provide energy support. Omega-3 fatty acids have been well studied for their role in the support of many systems in the body including the brain. This formula will suit anyone requiring additional support for healthy brain function.

#### Ingredients:

##### Four capsules typically contain:

Omega-3 fatty acids, of which:	1,400 mg
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg
ALA (alpha-linolenic acid)	65 mg
Omega-6 fatty acids from evening primrose oil, of which:	480 mg
LA (linoleic acid)	400 mg
GLA (gamma-linolenic acid)	45 mg
Omega-9 fatty acids (oleic acid)	500 mg
Vitamin D (175IU)	4.5 µg
Vitamin E (15IU)	9 mg
CoQ10 (coenzyme Q10)	9 mg

##### Encapsulated with:

Ascorbyl palmitate  
Canola oil  
Lecithin  
Natural lemon oil  
Gelatin  
Glycerin

#### Features:

Eskimo Brainsharp contains the Eskimo-3 fish oil. Derived from sustainable sources of oily fish living in the deep seas, Eskimo-3 is one of the best researched and documented omega-3 supplements in existence.

Contains the important omega-3 fatty acids EPA and DHA in natural quantities. It has not undergone chemical modification.

The beneficial effects of CoQ10 complement the formula with its ability to support energy production and act as an antioxidant to support the healthy brain. CoQ10 deficiency is common, especially among older adults.

Contains omega-6 derived from evening primrose oil.

Omega-9 (oleic acid) is a monounsaturated fatty acid, found in large quantities in the healthy Mediterranean diet.

The mixture of fatty acids, CoQ10, vitamin D and antioxidants can help to support optimal brain function and many other systems including cardiovascular and musculoskeletal.

No fish odour or aftertaste due to its stability. Fish oils that smell and have an aftertaste are generally rancid.

**Recommendation:** 2 capsules twice daily with food, or as directed.

**Caution:** Not recommended for epileptics or haemophiliacs.  
Consult a medical doctor if on anti-coagulant medication.

**Contains ingredients derived from:**

Soy (oil)  
Fish (oil)

**Product Code:** 3305

**Package Size:** 120