



Optimum Nutrition Fish 100 Softgel Caps



Fish oils contain long-chain fatty acids with equally long names such as docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). DHA and EPA are essential fatty acids that cannot be produced by the human body itself. For this reason, consuming foods like salmon and supplements like ON Fish Oil softgels is the only way to get DHA and EPA. Another great advantage is that our fish oil softgels are coated with an enteric coating. This means you can enjoy all the benefits of fish oil without the fishy aftertaste that might occur without the special coating.

CHF 26.90

- 1000 mg fish oil per capsule
- containing 300 mg omega-3 fatty acids from 180 mg EPA and 120 mg DHA
- enriched with vitamin E
- no annoying fish puffing

Consumption recommendation:

1 caps per day (according to the official approval of the BAG)

Packaging unit: 100 softgel capsules

Flavor: neutral