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Omega 3 Vegan High EPA

Data Sheet

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Omega 3 Vegan High EPA



For Your Eyes, Heart, and Brain

High content of essential Omega-3 fatty acids EPA and DHA exclusively from high-quality algae oil (PureAlgaeOmega3™)

Omega-3 fatty acids serve as building blocks for cell membranes or as energy carriers. They also contribute to normal brain function, the maintenance of normal vision, and normal heart function.

Instead of obtaining EPA and DHA from fish or shellfish, we use only high-quality algae oil (PureAlgaeOmega3™) in OMEGA VEGAN. Thanks to a gentle extraction process, we achieve a high purity of the ingredients.

- Low-pollutant cultivation
- Brain function and vision
- Heart function
- High-quality algae oil
- PlantGel™ capsules

What is Omega 3 Vegan High EPA?

In order for our **heart, brain, and eyes** to function properly, they require sufficient omega-3 fatty acids. These belong to the group of polyunsaturated fatty acids and are essential, meaning they must be obtained through diet or supplementation.

One of the most valuable sources of omega-3 fatty acids is fatty fish. However, for those who avoid fish for various reasons, such as a vegan diet, **our OMEGA VEGAN is the perfect alternative**. This product offers the same health benefits as traditional sources and is perfectly tailored to **the needs of a plant-based diet**.

OMEGA VEGAN contains **a high proportion of essential omega-3 fatty acids EPA and**

DHA (eicosapentaenoic acid and docosahexaenoic acid). DHA contributes to the **maintenance of normal brain function and vision**. EPA and DHA contribute to the **maintenance of normal heart function**. The positive effect is achieved with a daily intake of 250 mg EPA and DHA.¹

Instead of obtaining EPA and DHA from fish or shellfish, we use **exclusively high-quality algae oil** (PureAlgaeOmega3™) in OMEGA VEGAN. It's good to know that fish feed on algae and get their omega-3 fatty acids EPA and DHA from them as well. Even though fish are part of a species-appropriate diet and the production from algae is more complex, there is no need for this detour in this case. By going **directly to the source of omega-3 fatty acids**, we can also support those who have chosen a **vegan lifestyle**.

Thanks to a **gentle extraction process**, we achieve a **high purity** of the ingredients, so OMEGA VEGAN, like all our products, is offered in **premium quality**.

Why Omega 3 Vegan High EPA from artgerecht?

- Innovative and complex logistics chain: exclusively from natural, non-animal sources
- Exclusively from high-quality algae oil (PureAlgaeOmega3™)
- Low-pollution and environmentally friendly cultivation of algae
- Gentle extraction for the purest ingredients
- High Omega-3 fatty acid content per capsule
- Exceptionally high EPA content (2,3:1)
- Perfect for a vegan diet

Scientific background to Omega 3 Vegan High EPA?

Our modern diet is often rich in omega-6 and rather low in omega-3 fatty acids. This imbalance can manifest itself in inflammation processes. Inflammation is partly caused by omega-6 fatty acids (arachidonic acid), which are counteracted by signaling molecules from omega-3 fatty acids (eicosapentaenoic acid and docosahexaenoic acid). However, this only works when omega-6 and omega-3 fatty acids are in a balanced ratio.

Omega-3 fatty acids, especially eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are essential for numerous physiological processes in the human body. They play a crucial role in the structure of cell membranes, affect the fluidity and functionality of cells, and are important for neuronal health. Studies have shown that an adequate intake of omega-3 fatty acids is associated with a reduced risk of cardiovascular diseases and neurodegenerative disorders.

In contrast, omega-6 fatty acids, such as linoleic acid and arachidonic acid, are also essential, but they tend to support pro-inflammatory processes when consumed in excess. These fatty acids are found in many plant oils and processed foods, contributing to their overconsumption in the Western diet. An excess of omega-6 fatty acids can lead to dysregulation of inflammatory processes in the body, potentially fostering chronic inflammation.

The ratio between omega-6 and omega-3 is crucial for maintaining health.

A balanced ratio not only promotes optimal immune function but also supports heart health and cognitive function. Nutrition experts recommend increasing the intake of omega-3-rich foods, such as fatty fish, flax seeds, and chia seeds, to improve the ratio. A conscious adjustment of dietary habits can thus help to optimally leverage the health benefits of these essential fatty acids.

Frequently Asked Questions

What are Omega-3 Fatty Acids?

Omega-3 fatty acids, along with omega-6 fatty acids, are part of the group of polyunsaturated fats and are essential. This means they must be obtained through diet as the body cannot produce them on its own. The most important omega-3 fatty acids include alpha-linolenic acid (ALA), from which docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are formed. Because there is often an imbalance between omega-3 and omega-6 in the Western diet, where we consume too much omega-6, supplementing with EPA and DHA is recommended as they play a crucial role in many vital body functions.

Why is the right ratio of Omega-3 and Omega-6 important?

Our modern diet is often rich in omega-6 and relatively low in omega-3 fatty acids. This imbalance can manifest in inflammatory processes. Inflammation can be triggered by omega-6 fatty acids (arachidonic acids), while omega-3 fatty acids (eicosapentaenoic acid and docosahexaenoic acid) act as counteractive messengers to inhibit this process. However, this works only when omega-6 and omega-3 fatty acids are in a good balance.

What are the functions of Omega-3 Fatty Acids?

DHA helps maintain normal brain function and vision. EPA and DHA contribute to the normal functioning of the heart. The positive effects are observed with a daily intake of 250 mg EPA and DHA.¹ Replacing saturated fats with monounsaturated or polyunsaturated fats in the diet also supports the maintenance of normal blood cholesterol levels.

Can you meet your Omega-3 needs solely through plant-based foods?

Many plant-based foods contain ALA, which the body can convert into EPA and DHA. However, the conversion process is limited, which is why many people opt for algae oil to directly obtain EPA and DHA.

Are there any side effects from taking Omega-3 supplements?

Omega-3 is generally well-tolerated, but high doses can cause stomach discomfort. If in doubt, it is advised to consult a doctor. However, an overdose is very unlikely. A 2012 study by the EFSA (European Food Safety Authority) concluded that daily additional intake of up to 5g of combined EPA and DHA is considered safe for the general population.

Why is algae oil a sustainable source of Omega-3?

Algae oil protects marine ecosystems as it does not contribute to overfishing and requires fewer resources to produce.

How should Omega-3 be taken?

Ideally, Omega-3 supplements should be taken with a fatty meal to kickstart fat digestion and enhance the absorption of the valuable omega-3 fatty acids. [Here](#) you can find delicious recipe ideas.

Can I take artgerecht Omega-3 products if I have a histamine intolerance?

Yes, artgerecht Omega-3 products are generally well-tolerated by individuals with histamine intolerance. Properly produced fish or algae oil is considered safe because histamine is poorly soluble in fats. Algae oil also has the advantage of being plant-based and does not contain other histamine-containing substances. However, if you experience severe reactions or have concerns, it is recommended to consult a doctor or nutritionist to rule out individual reactions.

Ingredients

PureAlgaeOmega3™ triglyceride algae oil, PlantGel™ softgel, flavor, rosemary extract oil

Content	Per Daily Dose (1 Capsule)
Total Algae Oil	1000 mg
OMEGA-3 Fatty Acids	550 mg
of which:	
- DHA	150 mg
- EPA	350 mg

Recommended intake

Take 1 capsule daily with a meal.

Additional information

- SKU/MPN: 15201
- Content: 30 Capsules
- Net filling quantity: 47 g
- EAN/GTIN: 4260656120507
- PZN (DE): xxxxx
- PZN (AT): 5641206
- Customs tariff number: 21069092
- Origin: USA
- Version: 16.04.2026



1) Correspond to the health claims of the European Commission, confirmed by the European Food Safety Authority (EFSA).