

# Omegalife 1000 mg

Omega-3 fatty acids soft capsules



**PROLIFE**  
P H A R M A

- Read all of this leaflet carefully before you start using Omegalife.
- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This product has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist

## In this leaflet:

1. What Omegalife is and what it is used for
2. What you need to know before you take Omegalife
3. How to take Omegalife
4. Possible side effects
5. How to store Omegalife
6. Contents of the pack and other information

## 1. WHAT OMEGALIFE IS AND WHAT IT IS USED FOR

Omegalife is a food supplement that contains the omega-3 fatty acids: docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). These substances are essential fatty acids, which means your body can't produce them and need to be provided by your diet. It is recommended to add DHA and EPA containing foods to your daily routine (foods high in omega-3 fatty acids include fish, vegetable oils and nuts). Their benefits range from maintaining normal brain function and eye function throughout life to contributing to cardiovascular health. Omegalife capsules have beneficial effects on heart disease risk factors, as they help reduce triglycerides in your blood. This supplement can be taken as prevention for coronary heart diseases, as well as supplementary treatment in combination with a classical treatment for a range of coronary diseases and after an infarction.

Omegalife provides an adequate supplement of DHA and EPA. It is made with fish oil, rich in omega-3 polyunsaturated fatty acids DHA and EPA, provided as capsules so that the typical fishy fragrance and taste is neutralized.

## 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE OMEGALIFE

### Do not take Omegalife if:

- You are allergic to soy lecithin, soy-bean oil, peanuts or any of the ingredients of Omegalife (listed in section 6).
- You are allergic to fish or shellfish, as this product is made with deodorized fish oil.
- You are having other vitamin supplements

## Warnings and precautions

Talk to your doctor or pharmacist before taking Omegalife if:

- You are due to have or have had surgery recently
- You are over 70 years of age
- you have had a trauma recently
- you have a kidney problem
- you have diabetes which is not controlled
- you have/have had problems with your liver. Your doctor will monitor any effects Omegalife may have on your liver with blood tests

## Other medicines and Omegalife

Tell your doctor or pharmacist if you are taking, have recently taken or might take any medicines, even non-prescription medicines. Your dosage may need to be adjusted.

If you are using a medicine to stop blood clotting in your arteries, such as warfarin, you may need extra blood tests and your usual dose of your blood thinning medicine may have to be changed.

## 3. HOW TO TAKE OMEGALIFE

Always take Omegalife exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Omegalife is not recommended for use in children.

### Dosage

1 capsule daily (unless otherwise advised by your doctor or pharmacist).

The dose to treat high blood triglyceride levels (hypertriglyceridemia) is usually 2 capsules a day (as recommended by a doctor). Your doctor may increase this to 4 capsules a day if the results aren't sufficient with 2 capsules a day.

Do not exceed the recommended daily dosage.

Do not chew the capsule but swallow it whole, preferably during/ after a meal.

Free from alcohol, artificial colors and gluten

It's recommended to take this product at meal times to help reduce the gastro-intestinal side-effects (see section 4. Possible side effects).

The dosage is meant to match the highest European standards and recommendations. Therefore, the recommended daily intake indicated may not be exceeded. Dietary supplements should not replace a varied diet. A healthy lifestyle and a varied balanced diet is important for maintaining good health.

### If you take more of Omegalife than you should

If you may have taken more Omegalife than you should, talk to your doctor or pharmacist immediately if you are experiencing side effects or if you are concerned about them.

### ***If you forget to take Omegalife***

If you miss a dose of Omegalife, take it as soon as possible. If it is almost time for your next dose, skip the missed dose and go back to your regular dosing schedule. Do not take 2 doses at once.

## **4. POSSIBLE SIDE EFFECTS**

Like all supplements, Omegalife can cause side effects, although not everybody gets them.

Some omega-3 fatty acids side effects may not need medical attention. As your body gets used to the product, these side effects may disappear. For example, when you take Omegalife with food, it may help reduce the gastro-intestinal side effects you are experiencing. But do check with your health care professional if any of the following side effects continue, or if you are concerned about them.

The following side effects have been reported:

- Nausea, burping, diarrhoea
- Change in taste
- Loss of taste
- Upset stomach or mild stomach pain
- Bloating feeling
- Bad breath
- Heartburn
- Rash
- nosebleeds

### ***Reporting of side effects***

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

## **5. HOW TO STORE OMEGALIFE**

**Keep Omegalife out of the reach of children.**

Do not use Omegalife after the expiry date which is printed on the carton and the label. The expiry date refers to the last day of the month. Store at room temperature away from moisture and heat. Do not store Omegalife above 25°C. Do not freeze.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away food supplements you no longer use. These measures will help to protect the environment.

## **6. CONTENTS OF THE PACK AND OTHER INFORMATION**

### ***What Omegalife contains***

Omegalife capsules are transparent soft gelatin capsules containing pale yellow oil.

Omegalife is available in the following pack sizes: 2x 15 caps

THE ACTIVE INGREDIENTS:

<b>Omegalife capsules</b>	<b>Per capsule</b>
Omega-3 fatty acids soft capsules	
Fish oil with Omega-3 fatty acids :	1000 mg
EPA	18%
DHA	12%

Deodorized fish oil (containing EPA and DHA)

### ***Other ingredients:***

The soft capsule shell is made up of:

Coating agent: Gelatin, Glycerol, purified water, Emulsifier: Medium-chain triglycerides, soy lecithin.