



Good for bones and joints

Bio-Sport is a unique sports-preparation featuring a combination of capsules and tablets. The capsules contains the essential omega-3 fatty acids in the form of highly bio-available free fatty acids together with gammalinolenic acid. The tablets contains several different vitamins and minerals with documented antioxidant properties that help you stay physically active, even during periods of maximum physical strain.

Bio-Sport contains vitamin C, A and B6, which contributes to a normal immune system. Furthermore vitamin C helps the reduction of tiredness and fatigue and to a normal energy-yielding metabolism. A extra benefit of vitamin C is that it supports the maintenance of normal function of the immune system during and after intense physical exercise*.

What are antioxidants?

Antioxidants are compounds that neutralize free radicals in the body. Free radicals are chemically unstable molecules that react with their surroundings, causing damage to e.g. cells and cell membranes. Antioxidants protect cellular DNA, proteins, and lipids against oxidative stress by counteracting free radicals and inhibiting their detrimental impact on cells etc. Antioxidants include vitamins and several other substances in our diet that are known to have an

antioxidant effect. Selenium, vitamin C and -E supports the protection of cells against oxidative stress.



Free radical production

Free radicals are part of our biochemistry, we cannot avoid them. They are an inevitable part of life and are produced when we breathe and are even generated by the food we eat. Some factors are known to spawn more free radicals than others: Smoking, air pollution, alcohol, and strenuous exercise cause an increase of free radicals in the body. In such cases, our need for protective antioxidants increases.

*Min. 200 mg vitamin C/daily dosage

Bio-Sport

1 tablet contains

		RDA%*
Vitamin A	800 µg RE	100%
Vitamin E	15 mg α-TE	150%
Vitamin C	90 mg	150%
Vitamin B ₆	2 mg	167%
Zinc	15 mg	100%
Selenium	100 µg	

* RDA: Recommended Daily Allowance

8 capsules contain

Omega-3 fatty acids	698 mg
Which: EPA	360 mg
DHA	264 mg
Other	74 mg
Omega-6 fatty acids	
Gamma linolenic acid (GLA)	640 mg

Nutritional information per 8 capsules

	168 kJ/40 kcal
Proteins	0,96 g
Carbohydrates	0,50 g
Fats	3,76 g
Saturated	0,38 g
Unsaturated	3,38 g

Dosage

8 capsules and 1 tablet daily swallowed whole, during or after meals.

It is recommended that this dose is taken for at least 30 days, unless otherwise advised.

Do not exceed the recommended daily dose.

Dietary supplements should not replace a varied diet.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

Ingredients

Capsules: Borage seed oil (*Borago officinalis* L.), fish oil (free fatty acids), gelatin, glycerol.

Tablets: Vitamins, minerals, microcrystalline cellulose, hypromellose, silica, talc, corn protein, magnesium stearate, iron oxide, titanium dioxide.

Storage

Dark, dry and at room temperature.

Keep out of reach of young children.



Fish oil with good bio-availability

The fish oil in Bio-Sport contains omega-3 as free fatty acids, not triglycerides. Studies show that fish oil as free fatty acids are absorbed better in the body than triglyceride-based fish oil preparations.

Extremely pure fish oil

The fish oil in Bio-Marine Plus is PureMax™-certified which means that it is certified to have a very high level of purity. PureMax™ is one of the world's leading purification technologies for screening and removal of unwanted particles like pesticides, heavy metals, furans (highly toxic waste particles from industrial burning) etc. A PureMax™ certificate means that the content of several of these compounds is far below the official threshold levels approved for fish and fish oil products.

Consuming large amounts of polyunsaturated fatty acids increases the need for antioxidants. This extra requirement is provided with one daily Bio-Sport tablet.

Bio-Sport contains 100 µg selenium in the form of Pharma Nord's patented, organic and highly bio-available selenium yeast, SelenoPrecise®.

Good sources of essential fatty acids and antioxidants

Several foods contain essential fatty acids and antioxidants, for instance sources like:

- oily fish
- green vegetables
- borage oil
- liver
- nuts
- garlic