



lactose- &
gluten-free

Active Memory Omega-3

1000 mg Lecithin
600 mg Fish oil
20 mg Vitamin E
+ 6 B-vitamins
+ Zinc + Copper

Supports brain function,
memory and concentration

Active Memory Omega-3 from Doppelherz® aktiv is particularly recommended to all those whose memory is daily put to the test: pupils above 12 years of age, students during exams and learning periods, but also people whose work requires constantly-high intellectual performances.

Active Memory Omega-3 is a clever combination of **lecithin**, **vitamin E**, **B-vitamins**, **omega-3 fatty acids** as well as **zinc** and **copper**, that was formulated to support function of the brain, transmission of nerve impulses and communication between neurons.

Lecithin is a mixture of phospholipids that are required for the proper function of the neurons. They are so important for brain activity that they make up to 25% of its mass.

Vitamin E and the **omega-3 fatty acids DHA and EPA** interact with these phospholipids to create the lipid environment that is required for neuronal activity. Regular intake of these nutrients therefore has a positive effect on cognition.

B-vitamins play a central role in the function of the nervous system: they are required for the production of energy to fuel the brain (**vitamins B₁, B₂ and niacin**), for the synthesis of neurotransmitters (**vitamin B₆**) as well as for the maintenance of cognitive function and affective balance (**folic acid and vitamin B₁₂**). This is why we added these B-vitamins in our product.

Zinc and **copper** are trace elements that support normal cognitive and cerebral functions. **Zinc** plays a role as enzyme cofactor or as cellular messenger. **Copper** is essential for the synthesis of myelin.

Two capsules contain:

1000 mg Lecithin, 600 mg Fish oil (with 72 mg DHA + 108 mg EPA), 20 mg Vitamin E, 2.8 mg Vitamin B₁, 3.2 mg Vitamin B₂, 4 mg Vitamin B₆, 2 µg Vitamin B₁₂, 400 µg Folic acid, 27 mg Niacin, 5 mg Zinc, 1 mg Copper.

Recommendations:

Take 1 to 2 capsules daily at meal with enough liquid. Do not chew. Do not exceed the stated recommended daily dosage! Food supplements should not be used as a substitute for a varied diet. The product should be stored out of the reach of children.

Energetic value:

1 capsule corresponds to 11 kcal / 46 kJ.

Do not store above 25°C.




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