

CARDIOVASCULAR HEALTH



indena[®]
INDUSTRIA
DERIVATI
NATURALI

NUTRACEUTICAL

OMEGABLU[®]

BOTANICAL OMEGA 3 SOURCE

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WHAT IS OMEGABLUE®?

OMEGABLUE® is a **source of Omega 3 polyunsaturated fatty acids (PUFA)**. It capitalizes on the **four decades' experience of Indena** on bilberry (*Vaccinium myrtillus* fruits).

Extracted from the seeds of this unique berry, **OMEGABLUE®** provides α -linolenic acid (ALA, omega-3) and linoleic acid (LA, omega-6), two fatty acids capable to maintain normal blood cholesterol concentrations.¹

Compared to other botanical PUFA sources, **OMEGABLUE®** is characterized by a very high content of omega-3.

SPECIFICATIONS

OMEGABLUE® is standardized to contain $\geq 80\%$ total fatty acids; $\geq 50\%$ total polyunsaturated fatty acids.

RECOMMENDED DOSE

OMEGABLUE® is a yellowish oil and may be utilized in a variety of supplement formulations.

Recommended daily dose: ≥ 1.1 g

TRADEMARKS

OMEGABLUE® is a trademark of Indena S.p.A.

References

¹ EFSA Journal, 7(9):1252-69 [2009].

² Simopoulos AP, The importance of the ratio of omega-6/omega-3 essential fatty acids Biomed Pharmacother 56 (8): 365-79 [2002].

WHAT MAKES OMEGABLUE® UNIQUE?

OMEGABLUE® is a CO₂ extract, produced from the tiny *Vaccinium myrtillus* berry seeds, obtained from an **uncontaminated and green source** by a green process:

- source of essential polyunsaturated fatty acids as **α - linolenic acid (ALA) and linoleic acid (LA)**
- the ratio between the omega-6 and omega-3 is **optimally balanced** (about 1 to 1) and thus **OMEGABLUE®** helps to balance the excess of omega-6 fatty acids typical of today western diet.²

DID YOU KNOW?

OMEGABLUE® is obtained from *Vaccinium myrtillus* L., a small shrub growing on hilly heaths and underbush throughout Central and Northern Europe.

It grows wild, pesticide free in the boreal uncontaminated Northern European forests and, differently from blueberries, its fruits are not produced in clusters, but only as single, or rarely, twin fruit.

Because of this morphological characteristic and their growing location, bilberry fruits are difficult to harvest. In fact, they need to be mostly hand-picked, as they are susceptible to mechanical damage from picking rakes.



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