

# ESPRICO®

## CONCENTRATION+ 1X1



With docosahexaenoic acid (DHA) for normal brain function. With magnesium for normal mental function. With zinc for normal cognitive function.

## Esprico® 1x1

**Dietary supplement with omega-3 and omega-6 fatty acids, magnesium and zinc**

Concentration is the ability to gather your thoughts and apply yourself fully to a specific goal. You can shut out all interference.

Temporary, unfocussed behaviour can have many causes: including mental underload or overtaxing, a lack of physical movement, unbalanced diet, spending too much time in front of the TV or computer.

Targeted training programmes can help a lot here. Adjusting your diet can also have a positive effect on your ability to concentrate.

With DHA, magnesium and zinc, Esprico® can provide the extra support you need to meet the challenges of daily life.

## What is Esprico® 1x1?

Esprico® is a dietary supplement.

The suspension contains a balanced combination of pure sea fish oil with valuable omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and herbal evening primrose oil, which is rich in gamma-linolenic acid (omega-6 fatty acid). This means that Esprico® is especially rich in polyunsaturated fatty acids. DHA ensures normal brain function with a daily intake of 250 mg from all sources. It also contains the minerals, magnesium and zinc, which are important for normal mental function (magnesium) and normal cognitive function (zinc).

## Which nutrients are contained in Esprico®?

<b>Omega-3 fatty acid DHA</b> (docosahexaenoic acid)	contributes to normal brain function
<b>Magnesium</b>	contributes to normal mental function (cognitive and affective regions)
<b>Zinc</b>	contributes to normal cognitive function (concentration, learning, recall, cogitation and resistance to stress).

## Omega fatty acids

Omega fatty acids are some of the polyunsaturated, essential fatty acids. They are essential because the body is not able to produce these fatty acids itself. But also it cannot do without them, as they are an important component of our brain. This means that the essential fatty acids, which are vital for life, must be ingested with our food.

## Minerals

Minerals, such as magnesium and zinc, must be supplied by our diet, as the body cannot synthesize them itself.

## Ingredients:

Linseed oil, sweetener xylitol, 18.7 % sea **FISH** oil with high content of omega-3 concentrate, magnesium salts of citric acid, plant oil (**SOYA**), orange flavour, 1.3 %

evening primrose oil, zinc gluconate, emulsifier lecithin from **SOYA** beans, acidifier citric acid, sweetener acesulfame K.

## How is Esprico® taken?

Squeeze the sachet gently before use!

Directions: Take the contents of one sachet once a day every day during or after a meal. Or the suspension can be stirred into food.

Not suitable for children under 5 years old.

## What should I be aware of when taking Esprico®?

Do not take Esprico® if you have any allergies to the ingredients, such as e.g. fish, soya or evening primrose.

Excessive consumption can have a laxative effect.

## How should Esprico® be stored?

Store at room temperature.

## 1 sachet of Esprico® (recommended daily dose) contains:

<b>Eicosapentaenoic acid (EPA)</b>	400 mg
<b>docosahexaenoic acid (DHA)</b>	40 mg
<b>Gamma-linolenic acid (GLA)</b>	5.4 mg
<b>Magnesium</b>	80 mg (21%*)
<b>Zinc</b>	5 mg (50%*)

\* Percentage of the reference values for the intake of minerals in accordance with the Food Information Regulation.

## Further information

### Esprico® is free from:

- glutamates (flavour enhancers)
- phthalates (softeners)
- lactose
- preservatives

Esprico® is also gluten-free. Esprico® contains pure and gently processed sea fish oil. All oils are stringently tested for heavy metals and other harmful chemicals.

Esprico® 1x1 is available in the pack size: 30 x 4 ml suspension.

You can find more information about Esprico®, concentration and nutrition at: [www.esprico.de](http://www.esprico.de)

Exclusively available in pharmacies.

Suspension

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