

Product Information

– for professionals only –



plus
DHA

In Short

- plusDHA are protein-free softgel capsules with docosahexaenoic acid (DHA)- and eicosapentaenoic acid (EPA)-rich algae oil – Food for Special Medical Purposes (FSMP)
- for use in the dietary management of disorders in metabolism of amino acids or fatty acids and in fish allergy, when supplementation with DHA/EPA is indicated
- 100 % vegetable DHA/EPA supplement, vegan
- neutral in smell and taste
- sustainable and ecologically compatible
- suitable from 4 years of age onwards
- 200 mg DHA and 60 mg EPA per 1 softgel capsule

Product Profile

plusDHA is a 100 % vegetable docosahexaenoic acid (DHA)/eicosapentaenoic acid (EPA) supplement. Each capsule contains 200 mg DHA and 60 mg EPA.

plusDHA are purely vegan softgel capsules with DHA and EPA from algae oil. The long-chain polyunsaturated fatty acids (LC-PUFAs) DHA and EPA contained in plusDHA are of 100 % vegetable origin, i.e. fish-free – therefore sustainable and environmentally safe.

plusDHA is suitable for the dietary management of disorders in metabolism of amino acids or fatty acids and in fish allergy, when supplementation of the LC-PUFAs DHA/EPA is indicated.

plusDHA is

- > 100 % vegan and protein free
- > neutral in smell and taste
- > without unpleasant aftertaste or unpleasant burping
- > suitable from 4 years of age onwards – also for pregnant and breastfeeding women.

Indication

DHA contributes to the maintenance of normal brain function and vision (250 mg DHA/day). The intake of DHA by pregnant women and breastfeeding women contributes to the normal development of the eyes and brain in the fetus and breastfed infant (200 mg DHA/day in addition to 250 mg DHA/EPA/day). EPA and DHA contribute to the maintenance of normal heart function (250 mg EPA/DHA/day).

Important Notice Must only be used

under medical supervision. Not for use as a sole source of nutrition. For enteral use only. Only for persons from 4 years of age with proven disorders in metabolism of amino acids or fatty acids and in fish allergy.

Dosage and Administration

The daily total amount of plusDHA depends on age, body weight and individual medical condition and should be reexamined and adjusted in accordance with the results of regular monitoring.

DHA/EPA supply in Phenylketonuria (PKU)

Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are long-chain polyunsaturated ω -3 fatty acids (LC-PUFAs), which are essential for the human organism. DHA is vital for the healthy development of the brain and the visual function. EPA is used for the synthesis of specific tissue hormones, the so-called eicosanoids, which play important roles in the metabolism, including in blood clotting, the regulation of blood pressure, the regulation of inflammatory reactions and the immune system. The human body is able to synthesize some DHA and EPA from the precursor α -linolenic acid. The metabolic capacity of this conversion, however, is limited, due to the special characteristics of the enzyme system involved.

Scientific studies in people with PKU (Koletzko et al. 2007–2009) revealed an insufficient synthesis of DHA in these individuals. It could be demonstrated that in PKU the endogenous synthesis of

DHA was insufficient although the supply of the precursor α -linolenic acid was adequate. Furthermore, these individuals presented some restrictions in visual and cognitive functions as compared to healthy controls. Supplementation with DHA resulted in significant improvement of the DHA status as well as of the functional parameters. This shows that for people with PKU additional dietary supply of preformed DHA is of advantage.

The low protein diet of individuals with PKU is generally associated with insufficient levels of LC-PUFAs in the blood. When following the PKU diet as well as other protein- or fat-restricted diets, a sufficient intake of foods rich in DHA/EPA, such as e.g. saltwater fish, is omitted due to the high protein content. Low protein foodstuffs are usually also very low in DHA/EPA. For this reason, these diets require additional supplementation with DHA/EPA.

Since there is no official reference so far from professional committees regarding the recommended intake, it makes sense to calculate the daily DHA/EPA supply based on the recommended consumption for fatty saltwater fish, resulting in an average amount of 200–400 mg DHA/EPA per day.

Notice

plusDHA is suitable to be used with all products from the XPhe-system, the Zero-systems and the plus8-system.

Intake

The plusDHA capsule is meant to be swallowed unchewed, at best along with a meal.

Always reclose the securitainer tightly after use.

NUTRITION INFORMATION		100 g	0,71 g (1 capsule)
Energy	kJ	3047	22
	kcal	739	5
Fat	g	72	0,5
	of which saturates	g	0,16
DHA	mg	28170	200
EPA	mg	8450	60
Carbohydrate	g	20	0,14
	of which sugars	g	0
Fibre	g	3	0,02
Protein	g	0,1	<0,001
Salt	g	0,8	<0,01

INGREDIENTS

DHA and EPA rich algae oil (Schizochytrium sp.), modified cornstarch, humectants: glycerol, thickener: carrageenan, acidity regulator: disodium phosphate, antioxidant: E 306.

Delivery Unit	50 softgel capsules (35,5 g) securitainer
Article Number	xx-002-50012
Delivery to	Consumers, pharmacies, clinics
Storage	Keep in a cool, dry place with cap tightly closed.