

# VIVO<sup>TM</sup> MEGA

# SPORTS HEALTH

## INTERNATIONAL OLYMPIC COMMITTEE

The IOC supports that 2g of Omega-3 fatty acids per day may assist with training capacity, recovery, muscle soreness and injury management.

## MUSCLE GROWTH & MUSCLE MASS

There is evidence to support that Omega-3 supplementation can facilitate muscle growth and help preserve muscle mass.

## OXYGEN EFFICIENCY & RECOVERY

Omega-3s are known for their anti-inflammatory properties. Evidence suggests Omega-3 supplementation can reduce muscle soreness and lessens oxidative damage to muscles.

Based on current studies, Omega-3 supplementation plays a role in improving training intensity, exercise recovery, injury prevention and overall performance in athletes



# SPORTS HEALTH continued

## Omega-3 fatty acids as a potential ergogenic aid

Ergogenic aids are substances or devices that may help an individual to exercise, improve exercise efficiency, enhance recovery from exercise or assist in injury prevention during intense training. The Omega-3 fatty acids EPA and DHA have shown potential as ergogenic aid in several studies. The positive impact on sport performance observed for Omega-3s is increased muscle strength, endurance capacity and reduced muscle soreness to mention some.

## Reduced recovery time

High intensity exercise produces muscular myofibril ruptures which in turn causes inflammation, muscle damage, muscle soreness and muscle fatigue. While recovering, the impaired muscle function may be experienced as decreases in strength, decrease in range of motion and of course muscle soreness. EPA and DHA are key components to control inflammation in our body and therefore may contribute to less muscle damage and faster recovery by reducing the inflammation. Of interesting note, one study showed most pronounced effects for all the measures studied in the group supplemented with the highest dose of Omega-3 (4200 EPA + DHA mg/day) following eccentric exercise.

## Recommended daily intake (RDI)

Due to the Omega-3s unquestionable role in human health, the WHO (World Health Organisation) recommends consuming 1-2 servings of oily fish per week as part of an optimal diet for healthy individuals. This recommendation is equivalent to 200-500 mg of omega-3 EPA and DHA per day. The International Olympic Committee recommends a dosage of about 2 g per day of Omega-3 fatty acids, either from supplements or fatty fish. Research indicate that Omega-3s also decrease risk of upper respiratory infections and inflammation - which is beneficial to anyone whether athletes and nonathletes in order to follow their exercise program.

## SUGGESTED PRODUCTS

	EPA mg/g	DHA mg/g	TOTAL n3
<b>VIVOMEGA PLATINUM*</b> 4535 TG Premium	450	350	850
<b>VIVOMEGA ULTRA*</b> 4030 TG Premium	400	300	750
<b>VIVOMEGA CORE*</b> 3624 TG Premium	360	240	620

\* NORWEGIAN SUPERIOR QUALITY OMEGA-3 FISH OIL CONCENTRATES  
ALL PRODUCTS ALSO AVAILABLE IN EE FORMAT

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### Disclaimer:

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## RISK OF CARDIOVASCULAR DISEASE

SOME ATHLETES SUCH AS AMERICAN FOOTBALL PLAYERS, MAY EXPERIENCE AN INCREASED RISK FOR CARDIOVASCULAR DISEASE COMPARED WITH THE GENERAL POPULATION. THE OMEGA-3 INDEX IS AN EASY MEASURE OF YOUR BODY'S OMEGA-3 STATUS, AND AN OMEGA-3 INDEX AT OR ABOVE 8% IS ASSOCIATED WITH THE GREATEST CARDIO PROTECTION. A STUDY INCLUDING 34 DIFFERENT SPORTS AND 298 COLLEGE ATHLETES FOUND THAT NONE OF THE ATHLETES HAD AN OMEGA-3 INDEX ABOVE 8%. THIS REINFORCES THE ARGUMENT FOR ATHLETES TO INCORPORATE OMEGA-3 SUPPLEMENTATION AS PART OF THEIR EXERCISE REGIME.

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