

Fortaline®

Omega-3 Fish oil syrup

IDENTIFICATION OF PRODUCT

What is in the medicine?

Each 5 ml of **Fortaline® syrup** equals 4.65g fish oil containing 0.51 g Eicosapentaenoic acid (EPA); 0.84 g Docosahexaenoic acid (DHA), 1.36 g total Omega-3 fatty acids – Vit C – Anti-oxidant (Vit E, Rosemary extract, Ascorbyl palmitate) - Tutti Frutti.

Presentation:

Fortaline® syrup is presented in a PET bottle containing 100 ml omega-3 fish oil syrup.

Other products available:

Fortaline® Omega-3 is also available as soft capsules containing 500 mg fish oil. (12% DHA and 18% EPA)

USE/INDICATIONS

Omega-3 fatty acids are beneficial to all people, and a daily intake is recommended to improve health and development. Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are essential fatty acids which are important for a proper development associated with many other advantages. Some of the benefits of taking omega-3 fatty acids are listed here below:

- Increase in birth weight.
- Decrease in the risk of premature birth
- Improvement of brain development.
- Improvement of visual development.
- Protection of the skin from aging.
- Support of the immune system.
- Support of heart and blood pressure.
- Improvement of your metabolism.
- Increase in flexibility of the joints.
- Improvement of emotional well-being and positive mental outlook, decrease of stress.

PHARMACOLOGY AND METHOD OF ADMINISTRATION

The daily oral dose of **Fortaline® syrup** is 5 ml. Taking these products with food or meals may limit stomach discomfort.

What in case of overdose?

In case of overdose, there is no particular recommendation. A symptomatic treatment should be initiated.

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UNDESIRE EFFECTS

Side effects

Side effects that you should report to your doctor or health care professional as soon as possible: mood changes or emotions, easy bruising, skin rash or unusual skin reaction. Side effects that usually do not require medical attention (report to your doctor or health care professional if they continue or are bothersome): bad breath (fishy breath), belching, diarrhea, heartburn, nausea, stomach upset, weight gain.

WARNINGS AND CONTRA-INDICATIONS

Since fish oils are derived from marine life, allergic reactions are possible. The using of the product must be stopped if rash or other allergic reaction is observed. You are immediately advised to consult you physician. If you are going to have elective surgery, you may need to stop taking this supplement before the procedure. Let your health care professional know you are taking fish oil prior to scheduling the surgery.

Contra-indications

Fortaline® syrup is contraindicated in people who are hypersensitive to any of the ingredients of the product.

Interactions

With other medicinal products:

The only interactions omega-3 fatty acids are likely to have are with anticoagulants and possibly aspirin, where it can in theory enhance the reduction in blood viscosity. For many nutritional supplements, interactions with other medications are unknown. That is why you should always be careful when mixing fish oil supplements and traditional medicines. If you take any other medication, consult first with your health care professional prior to taking fish oil.

Pregnancy-Breastfeeding

Fortaline® syrup is beneficial for pregnant & nursing mothers - and is also an excellent nutritional choice for women who are actively trying-to-conceive. Studies indicate that pregnant mothers do not receive sufficient omega-3 fatty acids in their diets.

Fortaline® syrup provides the omega-3 fatty acids you need to help promote your baby's fetal development and increase pregnancy wellness. Omega-3 fatty acids have been shown to support the development of your baby's brain associated with other many benefits:

- The development of your baby's brain & eyes.
- The development of your baby's heart.
- Enhanced infant cognitive function & attention span.
- Decreased odds of premature delivery.
- Increased pregnancy health & wellness.

Effects on driving capacity of vehicles or and use of machines.

Not applicable.

PHARMACEUTICAL PRECAUTIONS

The product remains stable for 2 years during storage at a temperature below 30°C in its original packaging. Protect from light and heat. Do not freeze. Close container tightly. Keep out of reach and sight of children.

Name of manufacturer:

KD Norway AS

Strandgata 606270 Brattvåg, Norway

Registration holder:

Dafra Pharma GmbH., Mühlenberg 7, 4052 Basel, Switzerland

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