25 YEARS EQOLOGY™ MAGAZINE

2024

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EQOLOGY™ MAGAZINE

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Dear Reader

We hope you enjoy this edition of our Eqology Magazine. It is packed with interesting articles about Eqology products and lifestyle ideas to help you live a healthier life. This year we cel ebrate the 25th anniversary of Eqology. Throughout the company's lifetime we have distributed high quality, test-based health supplement products with proven e ects and bene ts.
Our company, brand and products originate from the pure nature in Norway - the ords, the mountains and the ocean - and this purity is re ected in everything we do. At Eqology we strive to enable our customers to live healthier lives. We believe in balancing food, sleep and activity, and the best health supplement products from the pure Norwegian nature. A nutritious, well-balanced diet, physical activity and a healthy lifestyle are the founda tion of good health.

> Healthy eating is about consuming various foods that give all the nutrients you need to maintain health, well-being, and energy appropriately for the body.

It includes consuming high-quality proteins, complex carbohydrates with low Glycemic index (GI), fatty acids like Omega-3 and Omega-9, vitamins, minerals, bre and water. We, unfor tunately, get too much Omega-6 in our modern diet. That is why we need to minimise processed foods, saturated fats and alcohol. To assure our bodies with the appropriate ratio of omega-3s and omega-6s, Eqology o ers Pure Arctic Oil, one of the world's purest and nest omega-3 products. 2023 has been a big year for Eqology, launching the groundbreaking Collagen Booster, and our limited edition skincare col lection, Ocean Miracle. In addition Eqology is also the rst company in the Network Marketing industry to launch a Mineral Test!

You can read more about the newly launched products in this magazine. Moreover, we o er omega-3 carefully developed with the youngest ones in mind - Pure Arctic Oil For Kids with the excellent avour of lemon. If you live a vegetarian lifestyle, Pure Vegan Oil may be something special for you! It is 100% plant-based and made from a marine alga called Schizochytrium sp. To get the maximum bene ts from our health supplements, we propose combining Pure Arctic Oil Omega-3 with Vitamin K2+D3 - vital for your bones and cardiovascular health.
Our Nordic Energy Booster will help you increase your energy level. With Eqology Shakes available in Vanilla and Chocolate avour, this vitamin composition provides everything you need to live an active life. We also o er Pure Vegan Shake based on pea and rice protein.

At the beginning of 2023 we signed a new Partnership Agreement with Big Blue Ocean Cleanup - a non-pro t organisation with a mission to drive positive change towards clean oceans. We commit to doing everything in our power to improve our carbon footprint, and several initiatives are launched to put the planet rst. Read about our sustainability story on page 19-20. We are committed to support consumers worldwide with the most premium nutrition products available from pure Norwegian nature and give the best advice possible re garding healthy eating and living.

Wishing you the best of Health,

Roar Arnstad
CEO EQOLOGY

EQOLOGY

WHO ARE WE?

Eqology is a Norwegian company estab lished in 1998 with operations in most of Europe. Eqology develops, manufac tures and distributes all its products through partners who are the best at their areas of expertise throughout Eu rope. Our products are manufactured in accordance with the strictest quality standards and consist of natural ingre dients with well-documented results. We o er high-quality products based on natural ingredients at competitive prices through a modern and struc tured network marketing concept.

THE BRAND

The brand name EQOLOGY combines "EQ" and "ecology", signalling our com mitment to our customers and the en vironment. The story behind our brand is about our products, which we aim to be all based on natural ingredients and the unique powers nature can o er. Finally, it communicates an underlying human intelligence, empathy and at titude. EQ is derived from the company name Eqology, and it is an abbrevia tion that is both distinctive and easy to remember.

EQOLOGY products seek to maintain balance in your life – physically and mentally. Nature is the source of our inspiration. Nature is a great force. It is the key to our ambitions and our challenges. At Eqology, we are inspired by nature and its enormous potential. We are determined to fully utilize what nature o ers to develop a healthy and vital enterprise that can ensure a prosperous future for ourselves and our customers. At Eqology, we have the power of nature behind us. Because it's in our nature.

EQOLOGY™
COLLAGEN
BOOSTER
It's in our nature
50 mL e

EQOLOGY MARINE COLLAGEN

– Find your inner glow!

Text PERNILLE ENGERBAKK SKEI
Photo PRZEMEK SZUBA, JULIA MI SO

When we are young we naturally have good collagen levels and production in our bodies, and these work as important building blocks as they prepare us for a long and healthy life. In fact, in a young, healthy person's body, collagen represents a large majority of the content of a normal cell in the human body. When we hit our twenties the production of collagen starts declining. Some features attributed to youth and health become less salient as the collagen decreases, and our skin loses its softness and elasticity, nails become more brittle, and hair starts thinning. The skin is our largest organ. If you take care of it, it can help take care of you. That is why Eqology has developed three di erent collagen products - each with di erent elements, but with the same purpose of restoring and maintaining healthy collagen production.

COLLAGEN BOOSTER –
FOR WHEN IT MATTERS THE MOST

In the summer of 2023 Eqology introduced the Collagen Booster! Our third generation marine collagen product. This 10-day liquid Collagen Booster is clinically proven to decrease wrinkle depth and improve moisture retention in the skin after just 7 days. It is made with the purest and most environmentally friendly MSC-certi ed Marine Collagen as well as a list of ingredients that contribute to better skin health, hair growth, and can boost joint health.

The Collagen Booster's unique formulation contains Hyaluronic Acid – a naturally occurring water-binding molecule found in the skin. The Hyaluronic Acid content in our skin decreases as we age. It helps keep the cells hydrated and aids in cell signaling and cell communication, in turn ensuring that the skin barrier stays sealed. Without a well-functioning skin barrier, the water inside your body would escape and evaporate, leaving you and your skin completely dehydrated. Hyaluronic Acid can essentially help the skin to look and feel healthy and young.

The additional ingredient, Astaxanthin is a potent antioxidant known as a carotenoid (yellow, orange, and red pigments that are produced by plants, algae, and bacteria). It can improve hydration levels, protect the skin against free radicals and sun damage

Photo Credit: Apparat

and can also contribute to improving the function of the immune system. Compared to other types of collagen products, which are meant to be consumed on a daily basis, the Collagen Booster is a 10-day concept that has been clinically proven to provide visible results in just 7 days.

GLOW FROM WITHIN WITH MARINE COLLAGEN PREMIUM+

Eqology Marine Collagen Premium+ contains MSC-certi ed Norwegian wild cod from 100% fresh, traceable and sustainable sheries. Our unique formulation also contains high-quality, natural ingredients such as Vitamin C, Glycine and OptiMSM that have been carefully selected for their skin-enhancing properties and overall health bene ts. Marine Collagen Premium+ contains higher levels of Vitamin C. Vitamin C has been shown to increase collagen protein synthesis to help repair damaged skin, it can also increase the body's natural production of collagen. Vitamin C is often used in health supplements because of its contribution to the reduction of tiredness and fatigue, energy-yielding metabolism, and can enhance normal physiological functions.

Glycine and OptiMSM are known to be essential for healthy and glowing skin. The bene t of these can be to help your body produce antioxidants, improve sleep quality, reduce signs of aging as well as improving your skin's rmness, elasticity and hydration. It is also important for hair and nails. All of the ingredients in Marine Collagen Premium+ combined make it a unique supplement that can help you look and feel young and healthy.

EQOLOGY ANTI AGE COLLAGEN

Anti Age Collagen was the rst generation collagen product from Eqology launched in 2013. At the time, it was a pioneering product, which is still beloved by many of our customers. Anti Age Collagen contains marine collagen instead of bovine which was more commonly used as a source for collagen at the time. It also contains vitamins and botanical extracts that maintain the normal function of the skin, and there is an abundance of polyphenols and antioxidants.
Anti Age Collagen is a great alternative for those who want an a ordable marine collagen product that can maintain healthy collagen production levels in the body.

THE OPTIMAL COLLAGEN DUO

Taking Eqology Marine Collagen Premium+ every day is great for your skin and joints. Boost your collagen levels with our third generation marine collagen product. The Eqology Collagen Booster contains all the unique ingredients found in Eqology Marine Collagen Premium+ as well as Hyaluronic Acid and Astaxanthin. When you have a special day coming up (or maybe every day is special?), take the Collagen Booster to give your skin an extra boost of collagen and hydration. This is the ultimate duo for those who want to glow from within, and for when it matters the most!

LEMON FLAVOUR
EQOLOGY™
MARINE
COLLAGEN
PREMIUM+
Unique marine collagen formula, sourced
from 100% fresh, traceable and sustainable wild cod
from the North Atlantic Ocean | 185 g
CERTIFIED SUSTAINABLE SEAFOOD MSC www.msc.org
MSC-C-54477
It's in our nature

EQOLOGY
LEMON FLAVOUR
PURE ARCTIC OIL
GOLD
Norwegian Brain Formula*
300 ml
It's in our nature

PURE ARCTIC OIL GOLD

— Norwegian Formula for brain and vision

Text HOGNE VIK, BØRRE GJERSVIK
Photo EQOLOGY

We designed Pure Arctic Oil Gold for people who value excellent health, es pecially starting from mature age, want to stay active and see sharp, and are aware of a family history of dementia and cognitive impairment.

While Pure Arctic Oil is tailor-made for people to secure an optimal immune system and good cardiovascular health, Pure Arctic Oil Gold is the top omega-3 product to ensure that your brain capacity and vision will work the best possible way.

HISTORY OF THE CONCEPT

In 2014, Eqology launched the revolu tionary omega-3 product Pure Arctic Oil. Pure Arctic Oil combined with the Omega-3 Test represented person alised health advice to all Eqology enthusiasts. Eqology has reached out to more than 150 000 individuals and helped them take care of their health by convincing them to take Pure Arctic Oil regularly.

The daily dosage of 10 ml gives the body the needed amount of omega-3 fatty acids that support and protect the immune system and delay the develop ment of potential cardiovascular and infectious diseases. In addition, daily consumption of omega-3 contributes to normal muscle function, good brain health and helps maintain normal vision.

Regardless of the essential health ben e ts associated with a regular intake of omega-3 oil, few people would continue regular use the product if it had a bad smell and taste. Therefore, Pure Arctic Oil brings an entirely di erent experi - ence: fresh raw cold-water sh, fast manufacturing, and limited air exposure give the oil its unique character and avour. By incorporating the high-qual- ity, organic extra virgin olive oil from Crete into the nished product, we have successfully designed a fresh, rich and natural omega-3 sh oil. The Pure Arctic Oil avour is so delicate that it can be mixed with a salad or added to ordinary food like smoothies and yoghurts. Due to the excellent taste, Pure Arctic Oil received two stars in the prestigious Su perior Taste Award the last ve consecu tive years.

We believe that focusing on taste, in addition to exceptional health bene ts, made Pure Arctic Oil the successful product in all European markets it is

HEALTH BENEFITS

today. And the success story of this product has just begun. We predict that the number of Pure Arctic Oil consumers will increase a lot in the next few years.

WHY DO WE NEED ANOTHER OMEGA-3 PRODUCT?

While Pure Arctic Oil is developed for supporting our immune and cardiovascular systems, Pure Arctic Oil Gold is designed for people that, in addition to these health benefits, will focus on protecting their vision and brain from degenerative changes. Recent clinical research concludes that humans in the rich part of the world, on average, will live longer than ever before. We also know that the vision and brain are the organs that will decline and experience dysfunction earlier than the rest of the body. That is why, after two years of developing work, Eqology has designed the Norwegian Brain Formula. For more protection of the brain and vision, where we have increased the amount of omega-3 by focusing on more DHA and included vitamin A, polyphenols, and lutein in the Pure Arctic Oil Gold.

By using innovative enzyme technology, we have increased the amount and concentration of DHA in the Full Spectrum Pure Arctic Oil Gold without losing the presence of other omega-3 fatty acids. Pure Arctic Oil Gold is sourced from sustainable cod from wild fish stocks in the pristine Arctic waters of Norway. The controlled Norwegian fishing industry has been considered one of the best in the world for the past 30 years.

WHO WILL BENEFIT FROM PURE ARCTIC OIL GOLD?

Cognitive function reaches its peak during middle adulthood and declines as the body and brain begin to age. The brain becomes more receptive to cognitive impairment and dementia during the later ageing process, linked with the chronic neurodegenerative disease known as Alzheimer's. The most significant risk factor is increasing age, where the brain undergoes several widespread changes such as a reduction in volume and weight and changes in membrane lipid composition. Who should be extra conscious and benefit from the Norwegian Brain Formula?

The answer is that all of you that want more protection of the brain and eyes will take advantage of Pure Arctic Oil Gold. In addition, the target group for the product should be people who are aware of relatives with dementia, Alzheimer's, developed macular degeneration or experienced visual impairment, based on family history. Many of us are concerned about these diseases and want to improve mental health, cognitive function and vision. Here in Eqology, we know that essential nutrients in Pure Arctic Oil Gold will assist the brain's structure and regulate its ability to perform various vital functions.

INTERESTING FACTS

EQOLOGY™
LEMON FLAVOUR
PURE ARCTIC OIL GOLD
Norwegian Brain Formula*
100% natural
300 ml
It's in our nature
EQOLOGY™
PURE ARCTIC OIL GOLD
Norwegian Brain Formula*
300 ml
It's in our nature

EQOLOGY™
NORDIC ENERGY BOOSTER
An ultimate dietary supplement complex with active vitamins and minerals
It's in our nature
60 capt
Magnesium - Vitamin C - Zinc - Niacin - Pantothenic acid
Vitamin B6 - Vitamin B2 - Vitamin B1 - Copper - Iodine
Selenium - Folic acid - Chromium - Biotin - Vitamin B12

NORDIC ENERGY BOOSTER

— excellent vitamin complex you need to live an active and longer life

Text HOGNE VIK
Photo JULIA MIASO

ENERGY TO PERFORM EVERY DAY!

Did you know that 50 % of the European countries' population is de cient in one or more of the ingredients presented in the Nordic Energy Booster? These de ciencies cause a lack of energy and a lower quality of life. In Eqology, we o er a unique product for all those who want to boost their energy and main- tain physical & mental health with a good functional body. This composition provides everything you need to live an active and longer life.

You can feel the effects of Nordic Energy Booster almost instantly after taking it. With the daily dosage you can feel an increase in energy every day!

Nordic Energy Booster gives us a composition of various active water-soluble ingredients that secure high absorption. This supple- ment provides us with a mix of active vitamins and minerals, such as Vitamin C, Magnesium, Zinc, Vitamin B complex and more. Let's start to explore all of them one by one.

VITAMIN C

Vitamin C, also known as L-ascorbic acid, is a water-soluble vitamin found naturally in some foods. Humans cannot endogenously synthesize vitamin C, so it is an important dietary component, which generates energy in the body and contributes to a strong immune system, especially during and after intense physical exercise. It protects cell constituents from oxidative damage and helps in the formation of collagen. This vitamin plays a vital role in the normal functioning of bones, teeth, cartilage, gums, skin and blood vessels.

MAGNESIUM

Among copper, iodine, zinc, and selenium in Nordic Energy Booster, Magnesium is also one of the essential macro- minerals that we need to consume daily. This compo- nent reduces tiredness and fatigue, maintains normal muscle function and contributes to normal psychologi- cal functions. Loss of appetite, fatigue, weakness, muscle cramps, poor coordi- nation can signal a lack of magnesium in the body.

ZINC

Zinc is involved in many aspects of cellular metabolism. It plays an indispensable role in immune function, protein synthesis, wound healing, DNA synthesis, and cell division. Remark- ably, zinc contributes to normal growth

DAILY DOSAGE

We recommend taking 4 tablets per day. Two tablets in the morning and two in the evening. Therefore, you will receive 2 boxes of Nordic Energy Booster for one month supply.

ANTHOCYANINS

Anthocyanins possess anti-diabetic, anti-in ammatory, anti-microbial and anti-obesity effects. This ingredient is documented to prevent developing cardiovascular diseases.

ANTIOXIDANTS

Antioxidants, such as Vitamin C and Selenium, prevent the damaging of cells in the body from free radicals. They are also associated with potential anti-ageing effects.

WATCH THE VIDEO ABOUT NORDIC ENERGY BOOSTER: scan the QR-code or watch it on eqology.com

and development during pregnancy, childhood, adolescence and is essential for good smell and taste. We need a daily zinc intake to maintain a stable condition since the body does not have a special storage system for this component. Zinc deficiency is characterized by stunted growth, loss of appetite, and impaired immune function.

VITAMIN B COMPLEX: B1,B2,B3,B5,B6,B12

B-Vitamins are essential building blocks for a healthy body. They all are water-soluble vitamins and cannot be stored in the body, except B12. Therefore, we have to get them from our daily diet. Usually, we intake not enough B Vitamins throughout our life due to poor diet and digestion. Things like stress, medications, excess coffee or alcohol, sugar, and refined carbohydrates also deplete B vitamins, increasing your body's need. You also have an increased need for B vitamins if you are an athlete, a child, under stress, pregnant or breastfeeding.

MORE ACTIVE INGREDIENTS

Nordic Energy Booster is enriched with an extract from blueberry and blackcurrant. This mixture of anthocyanins is potent antioxidants, which reduce the risks for oxidative damages. Selenium and D-biotin help us to keep strong hair and nails. In addition to other active components, Copper and Folic acid also reduce tiredness and fatigue. Iodine offers normal cognitive development, and Folic acid together with D-biotin supply normal psychological functions. Last but not least, Chromium provides the maintenance of normal blood glucose levels.

Symptoms of vitamin B deficiency include brittle hair, bruising, cracked mouth corners, depression, dry skin, fatigue, peeling nails, hair loss, headaches, joint pain, low appetite, memory loss, mood swings, muscle weakness, and shallow sleep.

BETTER TOGETHER

Together with Pure Arctic Oil and Vitamin K2+D3, all active ingredients in Nordic Energy Booster satisfy the body's overall need. Combining these three products will triple the documented biological health benefits and associated EFSA-approved health claims. To sum up, Nordic Energy Booster is carefully designed and made in Norway to secure the body with the required energy levels and provide you with healthy immunity. It includes plenty of active ingredients, which generate proven health benefits with regular & daily intake. This vitamin complex is good for your cognitive & neurological function, cardiovascular health, vision, bones and more.

Feel free to order it as a single product, 6 months subscription or all together with other bestsellers as Value Packs. Search for Pure Energy Booster with Pure Arctic Oil or Pure Nordic Health with Pure Arctic Oil & Vitamin K2+D3 on eqology.com.

EQOLOGY™
Omega-3
Test Kit
Test your fatty acid balance with our biosampling kit for Omega-3 testing
It's in our nature
EQOLOGY™
NORDIC ENERGY BOOSTER
An ultimate dietary supplement complex with active vitamins and minerals
It's in our nature
EQOLOGY
PURE ARCTIC OIL
Omega-3 from the Arctic
ORANGE FLAVOUR
It's in our nature

NEW STEPS TOWARDS A MORE SUSTAINABLE BUSINESS

— In Eqology, we strive for a balance between nature and our lives.

Text PERNILLE ENGERBAKK SKEI
Photo ISTOCK

Eqology has always been committed to minimising our impact on the planet, therefore sustainability is at the forefront of our growth strategy. We are continuously looking for ways in which we can improve our impact on the environment, and transparency is key in our communication with our customers as we grow sustainably.

SUSTAINABLE FISHING

Fishing has become an industry that heavily impacts the environment. Over shing will cause certain species of sh to become endangered and extinct. This is not an outcome that Eqology wants to contribute to or be a part of. Our top priority is to have a close collaboration between the marine re ning industry and shermen to utilise 100 % of the sh that are caught and used in our products. Our sheries are family owned and have a long history and experience in this industry. They have always shared our point of view about the importance of sustainable shing and utilising everything we harvest from nature. As early as 1985, they started utilising the trimmings from the processing plant to make our Omega-3 products from Arctic cod and later also collagen peptides from cod skins.

Collaborating with sheries who have sustainability and premium quality as their utmost priority, has resulted in Eqology Pure Arctic Oil. One of the best Omega-3 products on the market. Fish and sh oils are fresh products, and it is a prerequisite that the raw material is processed quickly. The health bene t is greater with the consumption of fresh quality versus the alternative.

The best indication of how fresh and premium an Omega-3 sh oil is, is the taste. The freshness of the oil can also be revealed by checking the TOTOX value. TOTOX refers to the Total Oxidation Value and is used to evaluate the rancidity and quality of the oil. A TOTOX value above 26 can be harmful to the human body, and Pure Arctic Oil has one of the lowest levels in any Omega-3 product at 4-6.

NEW PARTNERSHIP AGREEMENT – BIG BLUE OCEAN CLEANUP

Making sure that Eqologys products are made and distributed in a sustainable manner is important, but in order to achieve that, we need to maintain healthy oceans. That is why we have partnered with Big Blue Ocean Cleanup who do incredible work towards preserving our oceans and cleaning them up. Eqology has now joined over 50,000 Clean-up Ambassadors. These ambassadors come from all over the world and Big Blue Ocean Cleanup is present in over 100 countries across 6 different continents.

Big Blue Ocean Cleanup is an international, non-profit organisation with a mission to drive positive change towards clean oceans that support all marine wildlife and sustainable living, and to minimise disturbance from human development and climate change. To date their cleanups have resulted in over 5 million kilograms of plastic being removed from the oceans, and they have educated over 1 million children on ocean pollution.

» 100% of the donations go back to non-profit organisations.

Plastic will never biologically degrade and disappear from our environment, instead it becomes “microplastic” – small particles that get into our natural waters and oceans. It is detrimental to learn more about the impacts microplastic is having on living organisms. The research Big Blue Ocean Cleanup conducts provides open source data on marine plastic pollution, this is to help policy change across the world. To find more efficient ways to clean the oceans, Big Blue Ocean Cleanup is also working with innovative platforms to support the development of new technologies.

Eqology is proud to be an Official Sustainable Partner of the Big Blue Ocean Cleanup – we continue our journey towards becoming more environmentally conscious and protecting our oceans and we’re excited to initiate clean-ups in all our markets with your help!

EQOLOGY
PURE ARCTIC OIL FOR KIDS
Omega-3 from the Arctic
100% natural | 150 ml
CERTIFIED SUSTAINABLE SEAFOOD
MSC
it's in our nature

PURE ARCTIC OIL FOR KIDS

— made and designed for children, with nutrients the little ones require

100% natural and originates from traceable and sustainable fishing in pure Arctic waters.

Text BØRRE GJERSVIK
Photo EQOLOGY/ISTOCK

There are many things a child should learn, and the right nutrients provide a good foundation for this development. Omega-3 is one of the most crucial building blocks in the brain and has a documented effect on brain development. In turn, Vitamin D promotes the absorption of calcium in the body and is essential to be able to build a normal skeleton.

WHY SHOULDN'T THE KIDS ALSO GET THE BEST OMEGA-3 IN THE WORLD?

There are a lot of omega-3 products for adults on the market today. It's time to think about children and young people because they deserve sustainable development, enough vitamins, and in general, the best start in life and care in health. With this as the starting point, we created Pure Arctic Oil For Kids. When designing this product, we focused on taste and positive experience based on the original Pure Arctic Oil Lemon and Orange. Because of the success of these flavours we decided to also make the Pure Arctic Oil for Kids in lemon flavour. As you know, the little ones are fastidious when it comes to food, but with the fresh taste of lemon they will not notice any sign of a fishy taste or aftertaste.

EYE & BRAIN HEALTH

Studies show that the intake of the omega-3 fatty acid DHA contributes to the development of the retina in the eye, which is vital for the perceptiveness of the outside world they see. The brain, along with the retina, are organs the body selectively absorbs the omega-3 fatty acid DHA. This fatty acid has a unique and flexible structure that is very beneficial for the membrane of brain cells throughout life. DHA helps maintain normal vision and normal brain function from childhood. With a daily intake of 250 mg of DHA, your child may achieve a good result in supporting the normal functioning of the brain and vision.

IMMUNE SYSTEM & MENTAL DEVELOPMENT

Omega-3 fats are so crucial to a child's development that if both mother and child are deficient, the child's nervous

A BETTER BALANCE

At this vulnerable age, it is especially important to choose high-quality omega-3 oil with a low content of unwanted substances such as heavy metals and environmental toxins, as the child's liver function is not fully developed.

GOOD TO KNOW

We recommend Pure Arctic Oil For Kids for children and youth between 3 and 16 years.

RECOMMENDED DOSAGE

The recommended daily dosage is 0,15 mL per 1 kg of body weight. 1 mL contains a total of 176 mg DHA and EPA.

WATCH THE VIDEO ABOUT PURE ARCTIC OIL FOR KIDS: scan the QR-code or watch it on eqology.com

and immune systems may never fully develop and can cause unexplained emotional, learning, and immune system disorders for life. In general, omega-3 may improve quality of life and mental health in children with emotional and behavioural problems such as ADD / ADHD, oppositional de ant disorder, anxiety, depression or autism.

Recent research shows that getting enough of this vital nutrient can boost your children's IQ. Besides, omega-3 oil may help kids to have more extend ed periods of restful sleep and reduce symptoms of postpartum depression in the mother.

VITAMIN D

Getting enough vitamin D is essential to keep children's bones healthy and maintain their structure. Moreover, it contributes to the normal function of the immune system and makes it to ward o diseases. Pure Arctic Oil For kids contains 16 µg vitamin D per 5ml.

THE NEW PURE ARCTIC OIL FOR KIDS

In August 2022 we started delivering the new Pure Arctic Oil for Kids. Still containing most of the same excep tional ingredients as before, we made some slight changes. To achieve an even more bene cial product for the young people in our lives we removed the olive oil to make room for more Omega-3. The old avour of forest fruits was replaced by lemon, giving it an even better and refreshing taste that is also loved by most children.

FAMILY PACKS

To fully meet the needs of adults and children and deliver you only the best quality omega-3 products, we o er Pure Arctic Oil For Kids as a single product, and as a part of three di erent Family Packs. You can discover all our Value Packs on eqology.com.

WHAT MAKES PURE ARCTIC OIL FOR KIDS UNIQUE?

As parents, you are always looking for the best choice for your children. And here is Pure Arctic Oil For Kids – a product carefully designed for both the little ones and youths. Selected high-quality ingredients such as the es sential omega-3 fatty acids from fresh Arctic sh and the natural avour of lemon make children love this product as much as adults love the classic Pure Arctic Oil.

Omega-3s are essential nutrients throughout life, particularly during the growing years. They are related to the proper functioning of every cell in the body, especially the brain, eye and heart.