



Omega-3 Comparison

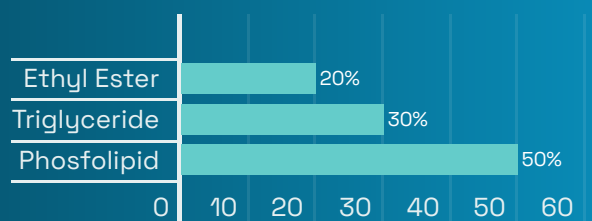
Which Form Is The Best?



Ethyl Ester

Cheapest form, but more difficult for the body to absorb. This is the form of Omega 3 found in most fish oil capsules.

● Comparison of absorption efficiency



Absorbability

Absorbability is how much of a substance actually enters the bloodstream from the digestive tract.



Triglyceride

Ensures good absorption because the body recognizes this form. This is how it occurs in fish. However, most people do not eat fish often enough.



Phospholipid

Phospholipids from microalgae and krill are absorbed 30-50% better than triglycerides. Additionally, phospholipids are water-soluble and easily digestible.

Absorption comparison

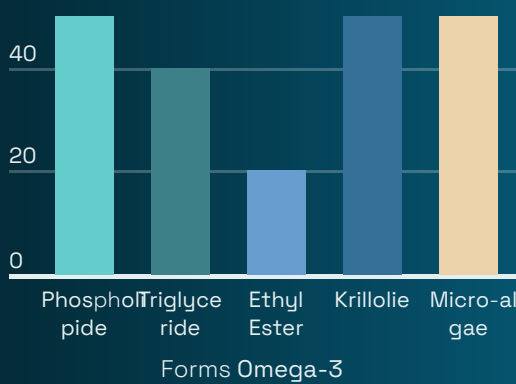


Phospholipid-bound omega-3 is absorbed 2.5 times better than ethyl esters. Four grams of phytoplankton provide you with 240 mg of optimally absorbable omega-3 with maximum effectiveness!



Blood Plasma Levels

Bioavailability goes a step beyond absorbability and refers to how much of the absorbed substance actually reaches the right tissues or cells and is actively used.



Phytoplankton: The Smartest Source of Omega-3



Phospholipid-bound omega-3 is better absorbed in the brain, optimally supporting your cognitive function!



Phospholipid-bound omega-3 does not require dietary fat for absorption, making it easy and practical to use.



Conclusion

Phospholipid-bound omega-3 is undeniably the best choice! It offers the best absorption and the highest effectiveness. What will you choose?

Think Plankton!