

# Fortaline®

High quality omega 3 support

Essential support of vital functions and well-being for all  
Infants – Children – Adolescents – Adults

- Improvement in cerebral development.
- Improvement in visual development.
- Protection of the skin.
- Immune system support.
- Support for the heart and blood pressure.
- Improvement in metabolism.
- Better development and flexibility of the joints.
- Improvement in feelings of well-being and positive thoughts, reduction in stress.
- Improvement in the child's cognitive functions and his/her attention skills.
- Decrease in the risk of premature birth.
- Improvement in the state of health and well-being during pregnancy.
- Increase in weight of child at birth.
- Decrease in the risk of premature birth.

## DAFRA PHARMA INTERNATIONAL

### Headquarters

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Belgium

3/FIFORTE-2021



## Setting the Standard

[www.dafrapharma.com](http://www.dafrapharma.com)



# Fortaline®

omega 3

HIGH QUALITY  
OMEGA 3 SUPPORT

Health

Balance

Well-Being



Pediatric syrup

Adult  
Box of 20 capsules



Setting the Standard

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# Fortaline®

## Omega 3



### High quality omega 3 support

Omega-3s are classified as essential fatty acids because the human body requires them but cannot produce them itself.

**FORTALINE®** is a high-quality source of essential omega-3.

#### COMPOSITION

##### SYRUP

5 ml of **FORTALINE®** syrup is equivalent to 4.65 g fish oil containing 0.51 g eicosapentaenoic acid (EPA), 0.84 g docosahexaenoic acid (DHA), 1.36 g of total omega 3 fatty acids – VitC – VitE – Rosemary extract – Ascorbyl palmitate – TuttiFrutti.

##### CAPSULES

Each capsule contains: 500 mg of fish oil (standard used: 18% EPA and 12% DHA) and 10 mg of vitamin E. Capsule: bovine gelatine, glycerine, water.

#### USE/INDICATIONS

Omega 3 fatty acids have beneficial effects for everyone and taking them daily is recommended to improve health and development.

Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are essential fatty acids.

They are important to ensure optimal development but they also have many other benefits.

Some of these beneficial effects of omega 3 fatty acids are listed below:

- > Prevents premature birth and low birth weight.
- > Improves visual function.
- > Helps decrease blood triglycerides (bad cholesterol).
- > Positive effects in certain neurological and psychiatric disorders.
- > Improves neuronal and cerebrocognitive development.
- > Protects the skin against the effects of aging.
- > Immune system support.
- > Cardiovascular system support and decrease in the risk of heart disease.
- > Improves overall metabolism.
- > Helps improve joint flexibility.
- > Promotes feelings of well-being and decrease in stress.

#### POSODOLOGY AND METHOD OF ADMINISTRATION

##### SYRUP

The daily oral dose of **FORTALINE®** syrup is 5 ml.

##### CAPSULES

Adults: 1 to 2 capsules/day

Pregnancy and breastfeeding: 2 to 3 capsules/day

Children: 1 capsule/day

It is recommended to take these products with food or during meals to avoid an upset stomach.

## UNDESIRE EFFECTS

The following adverse effects should be reported as soon as possible to your doctor or a healthcare professional: mood swings, appearance of bruises following mild trauma, skin rash or unusual skin reaction. Adverse effects which do not need immediate medical attention (inform your doctor or a healthcare professional of these effects if they persist or - become bothersome): bad breath (fishy breath), belching, diarrhoea, heartburn.

## WARNINGS AND CONTRAINDICATIONS

Since fish oils are extracted from marine organisms, allergic reactions are possible. Use of this product should be discontinued if a skin rash or other allergic reaction appears. You should immediately consult your doctor. If you need to undergo a surgical procedure, you may need to stop taking this supplement before the procedure. Tell your doctor that you are taking fish oil before scheduling the surgery.

## CONTRAINDICATIONS

**FORTALINE®** syrup is contraindicated in persons with a hypersensitivity to any component of the product.

## INTERACTIONS

With other medications:

The only interactions possible with omega 3 fatty acids are interactions with anticoagulants and aspirin which could, in theory, exacerbate the decrease in blood viscosity. Interactions with other medications are not known for many nutritional supplements. This is why you should use caution when combining fish oil supplements with traditional medications. If you are taking other medication, first consult your doctor before taking fish oil.

## PREGNANCY – BREASTFEEDING

**FORTALINE®** is beneficial for pregnant and nursing women –and it is also an excellent nutritional choice for women who are actively trying to become pregnant. Studies show that the diets of pregnant women do not contain enough omega 3 fatty acids.

**FORTALINE®** provides you with omega 3 fatty acids which you need to promote your baby's foetal development and to improve your well-being during pregnancy. It has been demonstrated that omega 3 fatty acids help develop your baby's brain and also provide a variety of other beneficial effects:

- Development of your baby's brain and eyes.
- Development of your baby's heart.
- Improvement in the child's cognitive functions and his/her attention skills.
- Decrease in the risk of premature birth.
- Improvement in the state of health and well-being during pregnancy.

## EFFECTS ON ABILITY TO DRIVE VEHICLES AND USE MACHINERY.

Not applicable.

## PHARMACEUTICAL PRECAUTIONS

### SYRUP

This product has a shelf life of 2 years when stored at a temperature below 30°C in its original packaging. Protect from heat and light. Do not freeze. Close bottle tightly. Keep the bottle out of reach and sight of children.

### CAPSULES

Store this product in its original packaging in a dry place and at a temperature below 30°C. Do not store the product beyond the expiration date indicated on the packaging.

## NAMEMANUFACTURER

### NaproPharmaSA

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## REGISTRATION HOLDER

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