

ESPRICO®

Omega-3
EPA/DHA

Omega-6
GLA

Magnesium

Zinc

ESPRICO® is a dietary food for specific medical purposes (balanced diet), for the dietary treatment of AD(H)D (attention deficit/hyperactivity disorder) accompanied by poor concentration and learning difficulties.

ESPRICO®

ESPRICO® has been developed on the basis of present scientific knowledge specially for the nutritional needs of children suffering from AD(H)D. The fruity chewable capsules contain sea fish oil with a high concentration of omega-3 and omega-6 fatty acids. As a result, **ESPRICO®** is particularly rich in polyunsaturated fatty acids. It also contains the minerals magnesium and zinc.

ESPRICO® consists of a balanced blend of sea fish oil and evening primrose oil and is therefore rich in polyunsaturated fatty acids. **ESPRICO®** thus fits the specific nutritional needs that children with AD(H)D have and meets their medical nutritional requirements. Based on the specific needs of AD(H)D children, the mineral and vitamin content in **ESPRICO®** has been selected so as to meet these needs. In addition to this, it has an increased content of magnesium and zinc.

Omega fatty acids

Omega-3 fatty acids are polyunsaturated fatty acids and therefore essential fatty acids. Essential because we are not able to produce these fatty acids by ourselves, but can't live without them either!

An unbalanced diet or irregular eating habits can quickly lead to an imbalance in the amount of fatty acids we consume with our food. By eating fish (for example, herring, tuna, mackerel and salmon), various plant oils and green vegetables, we can give the body the fatty acids it needs.

In this instance, the omega-3 fatty acids EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) as well as the omega-6 fatty acid GLA (gamma-linolenic acid) are worth mentioning in particular.

Minerals

Minerals such as magnesium and zinc have to be supplied via the food we eat, as the body itself is unable to produce minerals. Minerals come from neither animals nor plants, but are inorganic and usually metallic.

Good providers of magnesium are whole grain products, soy beans, manioc and Alaskan pollock.

Good sources of zinc are beef, various types of cheese, egg yolks, pork, turkey, duck and pheasant.

Nutrition facts **ESPRICO®**

Nutrition facts	per portion 2 capsules	per 100 g
Energy	26 kJ (6 kcal)	1300 kJ (300 kcal)
Protein	0.2 g	10 g
Carbohydrates of which sugars	0.4 g -	20 g -
Fat of which saturated fatty acids	0.5 g 0.14 g	25 g 7 g
Eicosapentaenoic acid (EPA)	200 mg	10 g
Docosahexaenoic acid (DHA)	20 mg	1 g
Gamma-linolenic acid (GLA)	2.7 mg	0.135 g
Fibre	-	-
Sodium	-	-
Magnesium	40 mg (10,5%*)	2000 mg (535%*)
Zinc	2.5 mg (25%*)	125 mg (1250%*)

*Reference value in accordance with the EU Directive on the nutrition labelling of foodstuffs.

One **ESPRICO®** capsule contains 185 mg of xylitol, equiv. to 0.015 BU.

ESPRICO® is free from glutamates (flavour enhancers), phthalates (emollients), gluten, lactose (milk sugar) and preservatives.

Ingredients (per 100 g): 33.5% sea fish oil with a high concentration of omega-3 (33.5 g), xylitol, humectant: glycerin, magnesium citrate (12.4 g), gelatine, modified starch, vegetable oil, medium-chain triglycerides (2.8 g), 2.3% evening primrose oil (2.3 g), orange flavouring, emulsifier: soya bean lecithins, zinc gluconate (0.9 g), acidifier: citric acid, colourings: iron oxide and titanium dioxide, sweetener: acesulfame K.

ESPRICO® – supreme quality is a matter of course

- Pure and gently processed sea fish oil.
- All oils are stringently tested for heavy metals and other harmful chemicals.

Instructions for use: Children aged 5 and above are to take 4 capsules daily, 2 in the morning and 2 at night during or after meals. The capsules can either be chewed or swallowed whole with a small amount of fluid as preferred. The contents of the capsules can also be squeezed out onto a spoon or stirred into meals.

Important information: **ESPRICO®** must be used under medical supervision. **ESPRICO®** is a dietary food for specific medical purposes. **ESPRICO®** should not be taken in the event of allergy to any of its ingredients, e.g. fish or evening primrose.

May have a laxative effect if taken excessively.

A varied and balanced diet as well as a healthy lifestyle are important.

Storage instructions:

As fatty acids are very sensitive to light and heat, the capsules should preferably always be kept in their box in a cool and dry place.

ESPRICO® is available in packs of 60 and 120 capsules.

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