



BRUDYLAB®

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**VADEMECUM 2025**  
**INTEGRATIVE MEDICINE**



| WE BELIEVE IN SCIENCE |



## brudy green



C.N. 219825.8  
60 ml

**Our first vegan, vanilla-flavoured DHA made from algae!**

### Recommended for:

- Vegetarians and vegans
- Children
- Adults with swallowing difficulties

### Beneficial effects of DHA:

- Visual function
- Brain function
- Cardiovascular function
- Lipid metabolism
- Inflammatory processes
- Antioxidant effect

### NUTRITIONAL INFORMATION

	1 ml	2 ml
Energy value (kJ)	35	70
(kcal)	8.3	16.6
Fats (mg)	923	1,846.5
Schizochytrium sp. oil (mg)	236.2	472.5
Olive oil (mg)	687	1,374
Vitamin E (mg)	1.2	2.4
Fatty acid composition:		
Polyunsaturated (mg)	249.4	498.8
Omega-3 fatty acids (mg)	164.5	329
22:6ω3, DHA (mg)	125	250
20:5ω3, EPA (mg)	3.6	7.2
22:5ω3, DPA (mg)	35.4	70.8

### RECOMMENDATIONS

250 mg/day of DHA BRUDYGREEN 2 ml

## BRUDY NUTRACEUTICS ONCO



C.N. 160344.9  
30 sachets

### New stick format

Lemon and mint flavour

### Food for special medical purposes

- To be used under medical supervision in situations where a DHA-enriched diet is needed, such as chemotherapy, radiotherapy or cachexia
- Daily dosage and duration of treatment should be determined by a healthcare professional
- Box with 30 sachets of 10.4-g (210 g)

### NUTRITIONAL INFORMATION

	1 vial (7 g)	100 g
Energy value (kJ)	263	3762
(kcal)	63	900
Fats (g)	7	100
of which:		
Omega-3 fatty acids	5.5	78
22:6ω3, DHA (g)	4.6	65
20:5ω3, EPA (g)	0.49	7
22:5ω3, DPA (g)	0.42	6
Protein (g)	0	0
Carbohydrates (g)	0	0



## brudy heras



C.N. 220274.0  
90 capsules

### Omega-3 food supplement for women's health

#### Recommended for:

- Menopausal women seeking comprehensive health support during this life stage

#### Benefits:

- Eye health
- Cardiovascular health
- Cognitive function
- **Especially suitable for improving vaginal lubrication, relieving dryness and discomfort associated with menopause**

COMPOSITION	1 caps.	3 caps.	%NRV*
<b>Omega-3 fatty acids</b>			
22:6ω3, DHA (mg)	350	1,050	-
20:5ω3, EPA (mg)	42,5	127	-
22:5ω3, DPA (mg)	30	90	-
<b>Vitamins</b>			
Vitamin A (µg RE)	133.33	400	16.7-50
Vitamin C (mg)	26.7	80	33-100
Vitamin E (mg α-TE)	4	12	33-100
<b>Other ingredients</b>			
Tyrosine (mg)	10.8	32.5	-
Cysteine (mg)	5.83	17.5	-
Glutathione (mg)	2	6	-
<b>Minerals</b>			
Zn (mg)	1.67	5.01	16.7-50
Cu (mg)	0.16	0.5	16.7-50
Mn (mg)	0.33	1	16.7-50
Se (µg)	9.16	27.48	16.7-50

\*NRV: Nutrient Reference Value

#### RECOMMENDATIONS

Vaginal dryness	BRUDYHERA	1-3 capsules/day = 350-1,050 mg DHA
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## brudy balm



C.N. 220138.5  
50 ml

### Moisturising body cream gel with DHA triglyceride (Omega 3)

#### Clinically proven efficiency\*

✦ 64% of patients say it **improves skin radiance**

✦ 86% of patients say it **improves skin smoothness**

✦ 73% of patients say it **improves skin elasticity**

✦ 70% of patients say it **improves skin hydration**

#### Instructions for use:

- Apply on the skin with your fingertips
- Apply two to three times a day on dry skin areas

\*Pinazo-Durán MD et al. J Optom. 2021;14(1):28-36.

#### RECOMMENDATIONS

Dry skin	BRUDYBALM	1-3 times a day
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## BRUDY PLUS



C.N. 152783.7  
90 capsules

NUTRITIONAL INFORMATION	1 caps.	3 caps.	%RI*
Fats (g)	0.5	1.5	-
of which:			
Fatty acids			
Omega-3			
22:6ω3, DHA (mg)	350	1,050	-
20:5ω3, EPA (mg)	42	127	-
22:5ω3, DPA (mg)	30	90	-

\*RI: Reference Intake

### Food supplement

- Container with 90 capsules

CAPSULE SIZE

## BRUDY DHA 1200

TRIGLICÉRIDO



C.N. 189007.8  
60 capsules

NUTRITIONAL INFORMATION	1 caps.	2 caps.
Fats (mg)	1,200	2,400
of which:		
Omega-3 fatty acids (mg)	1,000	2,000
of which:		
22:6ω3, DHA (mg)	840	1680
20:5ω3, EPA (mg)	102	204
22:5ω3, DPA (mg)	72	144

### Food supplement

- Container with 60 capsules

CAPSULE SIZE



## BRUDYFERTIL-AOX®

Tridocosahexanoína



C.N. 179180.1  
90 capsules

## BRUDYGESTA

Tridocosahexanoína-AOX®



C.N. 195041.3  
60 capsules

## BRUDYLACTANCIA

Tridocosahexanoína-AOX®



C.N. 179179.5  
60 capsules

## BRUDY NEO



5-ml vial: 200 mg DHA  
and 20 mg ARA  
Boxes of 1, 6 and 12 vials

COMPOSITION	1 caps.	3 caps.	%RI*
<b>Omega-3 fatty acids</b>			
22:6ω3, DHA (mg)	350	1,050	-
20:5ω3, EPA (mg)	42.5	127	-
22:5ω3, DPA (mg)	30	90	-
<b>Vitamins</b>			
Vitamin B1 (mg)	0.37	1.1	33-100
Vitamin B2 (mg)	0.47	1.4	33-100
Vitamin B3 (mg-NE)	5.3	16	33-100
Vitamin B6 (mg)	0.47	1.4	33-100
Folic acid (μg)	66.7	200	33-100
Vitamin B12 (μg)	0.83	2.5	33-100
Vitamin C (mg)	26.7	80	33-100
Vitamin E (mg α-TE)	4	12	33-100
<b>Minerals</b>			
Zinc (mg)	1.66	5	16.7-50
Copper (μg)	166	500	16.7-50
Selenium (μg)	9.16	27.5	16.7-50
Manganese (mg)	0.33	1	16.7-50
<b>Other ingredients</b>			
Lutein (mg)	3	9	-
Zeaxanthin (mg)	0.3	0.9	-
Glutathione (mg)	2	6	-

COMPOSITION	1 caps.	2 caps.	%RI*
<b>Omega-3 fatty acids</b>			
22:6ω3, DHA (mg)	250	500	-
20:5ω3, EPA (mg)	30.6	61.2	-
22:5ω3, DPA (mg)	21.6	43.2	-
<b>Vitamins</b>			
Vitamin D3 (μg)	7.5	15	150-300
Vitamin B6 (mg)	0.7	0.14	50-100
Folic acid (μg)	200	400	100-200
Vitamin B12 (μg)	1.25	2.50	50-100
<b>Minerals</b>			
Fe (mg)	7	14	50-100
I (μg)	75	150	50-100
Zn (mg)	2.5	5	25-50

### Food supplement

- Promotes fertility and conception
- Research suggests that DHA intake reduces the risk of preterm labour\*\*

500 mg of DHA/day

15 μg of Vitamin D3

MAXIMUM BIOAVAILABILITY

Vitamins B9, B12, B6:

L-Methylfolate

Methylcobalamin

Pyridoxal 5 Phosphate

Minerals: Fe, I, Zn

COMPOSITION	1 caps.	2 caps.	%RI*
<b>Omega-3 fatty acids</b>			
22:6ω3, DHA (mg)	250	500	-
20:5ω3, EPA (mg)	30.6	61.2	-
22:5ω3, DPA (mg)	21.6	43.2	-
<b>Vitamins</b>			
Vitamin C (mg)	40	80	50-100
Vitamin E (mg α-TE)	6	12	50-100
Vitamin A (μg)	400	800	50-100
Vitamin D (μg)	2.5	5	50-100
Vitamin B1 (mg)	0.55	1.1	50-100
Vitamin B2 (mg)	0.7	1.4	50-100
Vitamin B3 (mg-NE)	8	16	50-100
Vitamin B5 (mg)	3	6	50-100
Vitamin B6 (mg)	0.7	1.4	50-100
Vitamin B8 (μg)	25	50	50-100
Folic acid (μg)	100	200	50-100
Vitamin B12 (μg)	1.25	2.5	50-100
<b>Minerals</b>			
Cu (μg)	500	1000	50-100
Fe (mg)	7	14	50-100
Zn (mg)	5	10	50-100
Se (μg)	27.5	55	50-100
Mn (mg)	1	2	50-100
Mg (mg)	57	114	15-30
I (μg)	75	150	50-100
Ca (mg)	120	240	15-30

### Food supplement

- Enriches breastfeeding

### NUTRITIONAL INFORMATION

	1 vial (0.34 g)	100 g
<b>Energy value</b>	3.1 kcal 12.8 kJ	900 kcal 3765 kJ
<b>Fats</b>	0.34 g	100 g
of which:		
saturated	0.01 g	3.3 g
monounsaturated	0.01 g	3.6 g
polyunsaturated	0.32 g	93 g
<b>Omega-3 fatty acids</b>		
22:6ω3, DHA	0.2 g	58.7 g
20:4ω6, ARA	0.02 g	5.9 g
<b>Carbohydrates</b>	0 g	0 g
of which:		
Sugars	0 g	0 g
<b>Proteins</b>	0 g	0 g
<b>Salt</b>	0 g	0 g

### Food for special medical purposes

- For the dietary management of those situations in which a DHA and ARA triglyceride module or a food enrichment with these triglycerides is required
- Fortifying breast milk for preterm infants with Omega 3 (DHA) and Omega 6 (ARA) triglycerides

### Food supplement

- Contributes to fertility and reproductive well-being

\*RI: Reference Intake

\*\*According to the Cochrane Database of Systematic Reviews, 2018, no. 11

### RECOMMENDATIONS

Fertility	BRUDYFERTIL	3 capsules/day = 1,050 mg DHA
Pregnancy	BRUDYGESTA	2 capsules/day = 500 mg DHA
Breastfeeding	BRUDYLACTANCIA	1-2 capsules/day = 250-500 mg DHA





C.N. 194983.7  
30 sachets

NUTRITIONAL INFORMATION	1 sachet (10 ml)	100 ml
Energy value (kJ) (kcal)	173.87 42.04	1738.7 420.4
Fats (g)	4.01	40.1
of which:		
saturated (g)	0.5	5.0
monounsaturated (g)	2.61	26.1
polyunsaturated (g)	0.91	9.1
Omega-3 fatty acids		
22:6ω3, DHA (g)	0.5	5.0
20:5ω3, EPA (g)	0.06	0.6
22:5ω3, DPA (g)	0.04	0.4
Carbohydrates (g)	1.67	16.7
of which:		
Sugars (fructose) (g)	1.0	10
Polyols (g)	0.56	5.6
Starches (g)	0.11	1.1
Dietary fibre (g)	0.02	0.24
Protein (g)	0	0
Salt/sodium (g)	0	0
Vitamins/minerals (g)	0	0.12
Potassium (g)	0	0

### Food for special medical purposes

- Drinkable DHA triglyceride emulsion in gel form, sweetened with fructose and orange flavouring
- Daily dosage and duration of treatment should be determined by a healthcare professional
- To be used under medical supervision in situations where a DHA-enriched diet is needed such as amblyopia, attention deficit disorders with or without hyperactivity



C.N. 190761.5  
125 ml

NUTRITIONAL INFORMATION	1 ml	2.5 ml
Energy value (kJ) (kcal)	34.4 8.4	86.0 20.9
Fats (g)	0.93	2.32
of which:		
saturated (g)	0.09	0.23
monounsaturated (g)	0.20	0.48
polyunsaturated (g)	0.64	1.61
Omega-3 fatty acids (mg)	120	300
22:6ω3, DHA (mg)	100	250
20:5ω3, EPA (mg)	12	30
22:5ω3, DPA (mg)	8	20

### Food supplement

- Drinkable syrup with tangerine aroma

### RECOMMENDATIONS

#### BrudyDHA KIDS

Recommended dosage to obtain beneficial effects:

- Children under the age of 2: 1 ml
- Children over the age of 2: 2.5 ml

Do not exceed the recommended dose, unless otherwise advised by a healthcare professional.

Oral administration, alone or mixed with other foods.

### BRUDYHEPATO

Tridocosahexanoína-AOX®



C.N. 197927.8  
60 capsules

NUTRITIONAL INFORMATION	1 caps.	100 g
Energy value (kJ) (kcal)	21.5 5.1	3,096.6 740
Fats 500 mg	72.1 g	
of which:		
saturated <0.1 mg	<0.01 g	<0.5 g
monounsaturated	<5 mg	72.1 g
polyunsaturated	500 mg	
Omega-3 fatty acids		
22:6ω3, DHA 350 mg	50.5 g	
20:5ω3, EPA 42.5 mg	6.1 g	
22:5ω3, DPA 30 mg	4.3 g	
Carbohydrates	54.1 mg	7.8 g
of which:		
Sugars <0.1 mg	<0.01 g	
Proteins	124.8 mg	18.0 g
Salt <0.1 mg	<0.01 g	

### Food for special medical purposes

- For the dietary management of liver diseases that cause malnutrition, or risk of malnutrition, in which the diet needs to be enriched with DHA
- Daily dosage and duration of treatment should be determined by a healthcare professional
- Pack with 60 capsules

### RECOMMENDATIONS

Liver	BRUDYHEPATO	1-2 capsules a day = 350-700 mg DHA
Immunity	BRUDYIMMUNO	2 capsules/day = 500 mg DHA

### BRUDYIMMUNO

Tridocosahexanoína-AOX®



C.N. 200398.9  
60 capsules

COMPOSITION	1 caps.	2 caps.	%RI*
<b>Fatty acids</b>			
<b>Omega-3</b>			
22:6ω3, DHA (mg)	250	500	-
20:5ω3, EPA (mg)	30.6	61.2	-
22:5ω3, DPA (mg)	21.6	43.2	-
<b>Vitamins</b>			
Vitamin A (μg RE)	200	400	25-50
Vitamin C (mg)	40	80	50-100
Vitamin E (mg α-TE)	6	12	50-100
Vitamin D3 (μg)	7.5	15	150-300
Vitamin B2 (mg)	0.7	1.4	50-100
Vitamin B6 (mg)	0.7	1.4	50-100
Vitamin B9 (μg)	100	200	50-100
Vitamin B12 (μg)	2	4	80-160
<b>Minerals</b>			
Zinc (mg)	5	10	50-100
Copper (μg)	500	1000	50-100
Selenium (μg)	27.5	55	50-100
Manganese (mg)	1	2	50-100
Iron (mg)	7	14	50-100
<b>Other ingredients</b>			
L-Cysteine (mg)	100	200	33-66

### Food supplement

- Rich in DHA triglycerides, vitamin D3 and L-Cysteine
- Boosts antioxidant protection and supports the immune system
- Pack with 60 capsules

\*RI: Reference Intake



# OPHTHALMOLOGY

Supplementing eye care



BRUDYLAB®

## BRUDYGLAUCO



NEW

C.N. 217107.3  
60 capsules

## BRUDY WASH



NEW

C.N. 219427.4  
50 ml

## BRUDYAL



C.N. 167573.6  
20 single doses

## VISMED



159578.2  
20 single doses

## BRUDYMACULA



C.N. 158367.3  
60 capsules

## BRUDYRETINA 1,5g



C.N. 158369.7  
30 capsules  
C.N. 160301.2  
90 capsules

## VISMED GEL



159779.3  
20 single doses

## VISMED MULTI



163806.9  
Multidose 10 ml

## BRUDYOPIA



C.N. 158370.3  
30 capsules

## BRUDYITIS



C.N. 179532.8  
30 capsules

## BRUDYLAB PACK EYE CARE



C.N. 214885.7

## BRUDYLAB PACK EYELID CARE



C.N. 214884.0

## BRUDYPIO 1,5g



C.N. 158368.0  
30 capsules  
C.N. 165081.8  
90 capsules

## BRUDYSEC 1,5g



C.N. 158371.0  
30 capsules  
C.N. 161522.0  
90 capsules

## BRUDYDERM DRY EYE



C.N. 180690.1  
Multidose 10 ml

## BRUDYAL PLUS MULTI



C.N. 195092.5  
Multidose 10 ml



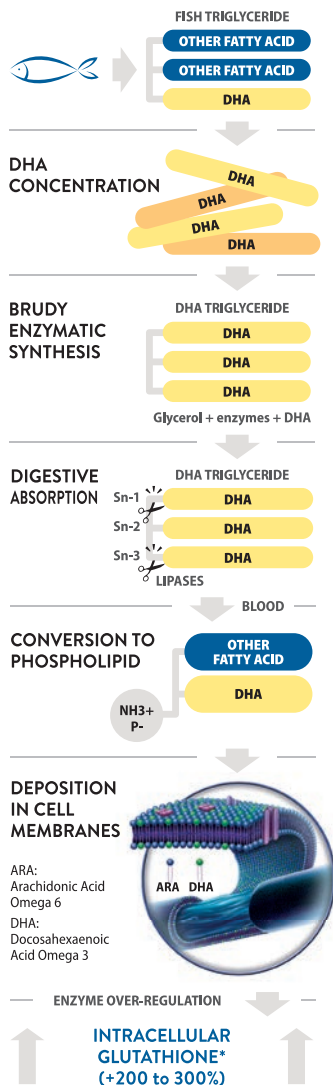
BRUDY cosmetics



Access [www.brudylab.com](http://www.brudylab.com)



Access [www.brudycosmetics.com](http://www.brudycosmetics.com)



**10 STEPS FROM FISH OIL TO CELLULAR OXIDATIVE PROTECTION:**

- 01 Fish oil in triglyceride form.
- 02 Removal of other fatty acids to enrich DHA concentration.
- 03 Double distillation and adsorption to remove contaminants and heavy metals.
- 04 Obtaining a DHA concentrate.
- 05 Full removal of ethanol.
- 06 Enzymatic triglyceride re-esterification to produce Tridocosahexanoína-AOX®.
- 07 Digestive lipases break the bonds at the Sn-1 and Sn-3 positions.
- 08 The monoglyceride with DHA at the centre is absorbed intact into the blood.
- 09 Metabolism of DHA monoglyceride into a DHA phospholipid for insertion at cell membrane.
- 10 Cellular oxidative protection

BRUDY TECHNOLOGY PATENT: DHA stimulates intracellular glutathione synthesis\* by 200 to 300%.

\*P. Bogdanov, et al; Docosahexaenoic Acid Improves Endogen Antioxidant Defense in Arpe-19 Cells; IOVS, ARVO Journals; May 2008, Vol. 49, 5932. doi:



**19**  
 Studies  
**EYE CARE**

9 Studies  
**Dry eye\***

5 Studies  
**Retina**

4 Studies  
**Glaucoma\***

2 Studies  
**Other ophthalmological inflammatory processes**

\*Categories shared by one or more studies.



**5**  
 Studies  
**SPORTS**



**3**  
 Studies  
**LIPID METABOLIC DISORDERS**



**3**  
 Studies  
**FERTILITY**



**2**  
 Studies  
**PRETERM INFANTS**



**1**  
 Study  
**CHILDREN WITH ADHD**



**2**  
 Studies  
**CHILDREN WITH CYSTIC FIBROSIS**



**2**  
 Studies  
**NEUROLOGICAL PATHOLOGY**



**1**  
 Study  
**IN CELLS**



Would you like to know more about our experience with Tridocosahexanoína-AOX®?

◀ Scan the code to review all our available studies and reports.



See digital version

## BRUDYLAB QUALITY SCIENTIFICALLY SUPPORTED



CELLULAR OXIDATIVE  
DAMAGE PATENT



DYSLIPIDEMIA IN HIV  
PATENT



TUMORAL DISEASES  
PATENT



CLINICAL  
TRIALS



DHA WITH GUARANTEED  
BIOACTIVITY



DHA  
MADE IN EUROPE



CERTIFIED QUALITY  
ISO 9001



THIRD PARTY  
TESTED



SUSTAINABLE  
DHA



MEMBERS  
OF THE GOED



CONTAMINANT-FREE  
DHA



PLASTIC-FREE  
OIL



KOSHER  
DHA



HALAL  
DHA



GLUTEN-FREE  
DHA



LACTOSE-FREE  
DHA



BRUDYLAB®

BRUDYLAB

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Exclusive information for health professionals