

# Omega-3 DHA fortified protein powder (sports nutrition)



## Product application

Research through the past decade highlights that Omega-3 DHA has been linked to beneficial impacts on cardiac and skeletal muscle function, oxygen consumption, cognitive function and a reduction in inflammation and oxidative stress. The following information outlines the preparation of protein powder containing Omega-3 DHA. We recommend the use of Nu-Mega™ Ingredients' patented microencapsulated Omega-3 product range for this application.

### Benefits of using Nu-Mega's Omega-3 powder products made with patented microencapsulated technology:

- Vegan and vegetarian DHA product options available
- Multiple product development opportunities for nutritional foods and beverages including meal replacement bars, gummies, bakery and dairy products
- 24-month shelf life at ambient temperature
- Excellent sensory profile
- Key accreditations for worldwide applications
- Input for organic production
- All ingredients non-GMO by origin
- Halal certified.

### Nu-Mega's Driphorm® products usage rates

Elite athletes are always seeking a competitive edge and are increasingly interested in nutrients and approved supplements that can improve performance, muscle condition and exercise recovery, increase metabolic capacity, delay the onset of fatigue and shorten recovery periods. But despite this growing emphasis on nutrition, many athletes do not consume nearly enough food that is naturally high in essential nutrients.

Driphorm® HA SCO DHA-S 30 (S011.010) is an algal DHA product, free of bovine protein, suitable for vegan product application. By adjusting the addition level of Driphorm® HA SCO DHA-S 30 (S011.010), protein powders can be designed to deliver varying levels of DHA. The following table outlines a fortified protein powder providing a DHA content of 100mg per serve (40g). Recipes can be created that deliver higher or lower levels of DHA if desired.

**Table 1: Addition rates for Driphorm® HA SCO DHA-S 30 (S011.010)**

Typical addition rate of Driphorm® HiDHA® SCO DHA-S 30 (S011.010) per kg of finished product	25.0g
Protein powder will deliver the following minimum fatty acid profile per serve (40g):	
Docosahexaenoic Acid (DHA) min.	100mg

### Incorporation of Nu-Mega's Driphorm® product range

Nu-Mega's Driphorm® products can be incorporated at a variety of points depending on the manufacturing process. Nu-Mega Ingredients recommends incorporation of Driphorm® powders with any other dry powders into the process to better facilitate dispersion of the high value nutritional powder.

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