# IntroDrink Publishes Updated Omega-3 Guide Examining Vitamins and Minerals Bioavailability for Schweiz Consumers

*August 25, 2026*

Zurich, Zurich - August 25, 2026 -
IntroDrink, a Swiss online retailer of natural supplements, superfoods, and cosmetics, has published an updated omega-3 guide on its educational blog, expanding its library of ingredient-focused resources for consumers in Switzerland. The publication forms part of a broader effort by the company to document nutrition science alongside its product range.

The recently updated IntroDrink omega-3 guide examines the differences between EPA, DHA, and plant-based ALA. Referencing the omega-3 fatty acid category widely studied in nutritional science, the guide notes that the body converts only a limited percentage of ALA into the active EPA and DHA forms, a figure the article places at roughly five to ten percent based on published nutritional literature. The guide also reviews algae oil as a plant-based source of omega-3.

According to nutritional research cited within the guide, many people in Central Europe do not reach

commonly referenced intake levels for omega-3 fatty acids. General public-health guidance referenced in the article suggests a minimum of 250 milligrams of combined EPA and DHA daily for the general population. The guide notes that published recommendations may differ for specific groups and directs readers to consult qualified health professionals for individual guidance.

The new publication is one of several ingredient articles the company has added to its blog. IntroDrink states that the omega-3 guide reflects its approach of pairing product listings with referenced educational material rather than marketing text. The company reports that omega-3 content has been among the more frequently accessed topics on its blog since the update.

Alongside the omega-3 material, the blog covers additional nutrient categories, including magnesium citrate and fat-soluble vitamins such as D3 and K2, as well as the general concept of bioavailability, which describes how efficiently the body absorbs a given nutrient. The company notes that its editorial focus has shifted toward explaining nutrient forms and absorption alongside product descriptions.

The company also catalogues a range of IntroDrink plant compounds drawn from traditional and modern botanical sources, including curcumin, rhodiola, maca, and functional mushrooms such as reishi and lion's mane. These items sit within a wider catalogue that spans immune support, fitness nutrition, beauty, detox, sleep, superfoods, and natural cosmetics.

IntroDrink frames the guide update as part of an ongoing editorial program intended to accompany its Swiss product range with sourced nutritional information. The company has indicated it plans to release further ingredient guides in subsequent updates to its blog.

IntroDrink is a Switzerland-based online shop offering natural supplements, vitamins, minerals, superfoods, and natural cosmetics. Operating through introdrink.ch, the company maintains an educational blog covering ingredient science and offers vegan and organic options across categories that range from immune and fitness support to beauty, detox, sleep, and traditional plant compounds.

###

For more information about IntroDrink.ch, contact the company here:IntroDrink.chkontakt (at) introdrink.chkontakt@introdrink.ch

**IntroDrink.ch**

*Swiss premium supplements and natural health products. Vitamins, minerals, superfoods, natural cosmetics, and*

*wellness bundles at introdrink.ch.*

Website: https://introdrink.ch

Email: kontakt@introdrink.ch