

# Omega Plus 1500

Potent omega-3 fatty acid formulation

Omega Plus 1500 provides a potent 1500 mg of the omega-3 fatty acids EPA and DHA per 2-softgel serving, and also includes lipase, a digestive aid to ensure maximum absorption. Lipase also helps to prevent any fishy aftertaste, known as 'repeat,' (a.k.a. "fishy burps") which sometimes occurs with fish oil supplements.

## The Story Behind Omega-3s

In order to maintain optimum health, the body requires a variety of different fats. Two of these—omega-3 and omega-6 fatty acids—are essential, which means the body cannot produce them; they must be obtained from foods or supplements. As a result of industrialized farming practices and modern food processing technology, the North American diet is very high in omega-6s, but low in omega-3s. Correcting this imbalance through foods and supplements can be beneficial for the entire body.

The best sources of omega-3 fats are cold water fish, such as salmon, sardines, and mackerel. The omega-3s that come from marine animals are different from the plant forms (e.g., chia and flaxseed), in that many people cannot effectively convert the plant forms to the animal forms, which are the more potent and biologically active versions that the body ultimately requires. Since most people do not consume cold water fish regularly, supplementation is critical for those concerned about any of the health issues listed to the right, and is also recommended for healthy individuals in order to maintain a good baseline balance of fatty acids.

### PROPER FATTY ACID RATIOS HELP SUPPORT:

- Healthy joints
- Robust immune function
- Hydrated skin and lustrous, shiny hair
- Cardiovascular health
- Positive mental outlook and balanced moods
- Clear thinking, memory, and cognitive function
- Healthy cell membranes

## Omega-3 Fatty Acids

- ▶ **Eicosapentaenoic Acid (EPA)** – beneficial for supporting a healthy brain, balanced emotions, skin health, normal cholesterol levels, and a proper inflammatory response
- ▶ **Docosahexaenoic Acid (DHA)** – supports proper brain development and function, visual acuity, maintenance of normal triglyceride levels and blood pressure, eye development and a healthy pregnancy for expectant mothers

## Natural Triglyceride Form

The omega-3 fatty acids in this product are derived from fish oils in their triglyceride (TG) form — the same way they naturally occur in fish. Most mass-marketed fish oil supplements come in the ethyl ester (EE) form. Compared to the TG form, the EE form is less expensive and more convenient to produce, but is not as readily recognized, digested and assimilated by the body. In order to receive the maximum benefits from omega-3 fish oil supplementation, it is critical that these fats are provided in the same form that they are found naturally in fish. It is only when consumed in this natural TG form that they are most easily digested and available for the body to use.

## Safety & Purity

The fish oils in Omega Plus 1500 are molecularly distilled and filtered to ensure purity and to maximize the removal of heavy metals, pesticides, solvents, PCBs, and other contaminants. This product also contains vitamin E (mixed tocopherols) to protect the fish oils from rancidity.

**Recommended Use:** As a dietary supplement, take two softgels per day with a meal, or as directed by your health care practitioner.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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