

OmegaPlex®

A PREMIUM SOURCE OF OMEGA-3 FATTY ACIDS



\$21.95 per bottle
(90 softgels)
W2002

 \$17.56  \$13.17

OmegaPlex®

Omega-3 Fatty Acid Dietary Supplement

KEY BENEFITS:

- Superior source of omega-3 fatty acids
- Plays an important role in the transport of nutrients*
- Helps support normal blood flow*
- Promotes cardiovascular health in combination with a healthy diet and exercise*
- Support healthy blood pressure*
- Helps promote healthy metabolism*
- Helps maintain a healthy immune system*
- Promotes maintenance of healthy skin, hair and nails*

IS THIS YOU?

- Someone who wants to increase your intake of omega-3 fatty acids for better health
- Someone who is interested in maintaining overall wellness and healthy core nutrition
- Someone who does not consume a minimum of two servings of fish per week
- Someone who has taken omega-3 supplements in the past, but is looking for a superior source

THE ISSUE:

For years we have been told to cut down on the amount of fat we eat, but the most recent research has suggested that it is not how much fat we consume, but the types of fat that are important. Fat is essential for our body to function properly. In fact, it plays a critical role in the function of every cell in the body. Therefore, we should be most concerned with lowering the amount of “bad” fats and increasing the amount of “good” fats we consume for optimal health. Most consumers are aware that scientists and nutrition experts agree the consumption of saturated fats in the diet should be limited. Polyunsaturated fatty acids are vital for normal life functions, but since they cannot be made in the human body, they must be supplied through the diet.

Two types of polyunsaturated fats, omega-6 fatty acids and omega-3 fatty acids, are vital for such basic functions as energy production, cell membrane formation and proper hemoglobin manufacturing. When the body is in short supply of these essential acids, a myriad of problems can arise including fatigue, immune weakness, gastrointestinal disorders, heart and circulatory problems, reduced growth rate and more. It is also likely that a deficiency in these fatty acids plays an important role in the development of many common diseases, including cardiovascular disease, cancer, arthritis and asthma. To put it plainly, these fatty acids are “essential.”

Nutrition experts believe the body functions best with a 1:1 or 2:1 omega-6 to omega-3 ratio. However, the

average diet supplies an overabundance of omega-6 fatty acids by at least 10:1. Since most of us consume sufficient omega-6 fatty acids (mostly from vegetable oils), the focus should be on obtaining more omega-3 fatty acids. There are two main types of omega-3 fatty acids that warrant the most attention when considering omega-3 supplementation. Eicosapentaenoic acid (EPA) is a direct precursor to beneficial hormone-like compounds called eicosanoids, important regulators of vital body functions.* Docosahexaenoic acid (DHA) is especially vital for the health of nerve tissues in the brain, eyes and retina. Our bodies need a balance of both of these types of omega-3s to reach peak nutrition. The most common dietary sources of omega-3 fatty acids are cold-water fish such as mackerel, herring, halibut and salmon. Because so few of us eat a significant amount of these fish on a regular basis, most modern diets do not come close to supplying the body with adequate amounts of omega-3 fatty acids.

Flaxseed oil is a secondary source of omega-3 fatty acids, although there are compelling reasons to choose fish oils over flaxseed oil. Flaxseed oil is a good source of alpha-linolenic acids (ALA). This type of omega-3 is a medium chain omega-3 fatty acid that serves as a precursor of EPA and DHA, the long chain omega-3 fatty acids in fish oil. In order to utilize ALA, the body must first convert it to EPA and DHA through a process that is relatively inefficient. Approximately 10 times more ALA must be consumed than EPA and DHA to achieve the same effects. It is difficult for the digestive system to break down raw flaxseeds sufficiently in the first place. In addition, unlike fish oil capsules, flaxseed oil capsules turn rancid very quickly and should therefore be refrigerated.

In order to reach the greatest level of benefit from Omega-3 fatty acid supplementation, you need a high-quality fish oil supplement that meets industry, safety and purity standards, and that's also effectively balanced in EPA and DHA fatty acids.

THE SOLUTION: OmegaPlex®

OmegaPlex omega-3 fatty acid dietary supplement is a safe, convenient and easy way to get the omega-3 fatty acids that may be missing in your diet. While other omega-3 supplements may have only EPA or DHA, OmegaPlex has both of these important omega-3s in the right proportions for maximum benefit.* Each serving of OmegaPlex contains a concentrate of 1,000 mg long-chain omega-3 fatty acids (600 mg of EPA and 400 mg of DHA). The nutritional benefits of OmegaPlex are almost limitless.* It's paramount for core nutrition because of its involvement in the transport of nutrients, the maintenance of healthy skin, and the support of a healthy immune system.* It plays a key role in cardiovascular activity by supporting normal blood flow and healthy blood pressure.* In fact, consumption of omega-3 fatty acids may reduce the risk of coronary heart disease.** Furthermore, it aids in weight management by supporting healthy metabolism, and providing and storing energy for the body.*

OmegaPlex meets the highest standards of product safety and efficacy. Each softgel starts with high-quality marine lipid concentrate, which is required to meet strict analytical testing requirements for environmental contaminants, quantity of long-chain omega-3 fatty acids and oxidation as indicators of safety, purity, potency and freshness. OmegaPlex also contains the antioxidant vitamin E in the most active form to further ensure omega-3 fatty acid stability.* The quality values of OmegaPlex are consistent with or exceed the Council for Responsible Nutrition (CRN) voluntary monograph values. You can rest assured that with OmegaPlex, you're receiving the highest quality fish oils and a highly effective source of omega-3 fatty acids.*

Directions For Use:

For ages 12 and older.

Take two softgels up to twice daily, preferably with a meal.

NOTE:

If you are pregnant or nursing, check with your healthcare professional before using this product.

KEEP OUT OF REACH OF CHILDREN.

Key Ingredients:

Omega-3 fatty acids, eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), vitamin E

*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.

**Consumption of omega-3 fatty acids may reduce the risk of coronary heart disease. The FDA has evaluated the data and determined that although there is scientific evidence supporting the claim, the evidence is not conclusive.

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OmegaPlex®

SUPPLEMENT FACTS

Serving Size: 2 softgels

Servings Per Container: 45

	Amt Per Serving	% DV
Calories	20	
Calories from Fat	20	
Total Fat	2g	3%†
Vitamin E (as d-alpha tocopheryl acetate)	6 IU	20%
Eicosapentaenoic Acid (from marine lipids)	600mg	*
Docosahexaenoic Acid (from marine lipids)	400mg	*

†Percent Daily Values (DV) are based on a 2,000-calorie diet.

*Daily Value not established.

OTHER INGREDIENTS: GELATIN, GLYCERIN, NATURAL LEMON FLAVOR. **CONTAINS** OMEGA-3 FATTY ACIDS DERIVED FROM FISH (SARDINES, HERRING, MACKEREL).

Directions For Use: Take two softgels twice daily, preferably with a meal.

NOTE: IF YOU ARE PREGNANT OR NURSING, CHECK WITH YOUR HEALTH-CARE PROFESSIONAL BEFORE USING THIS PRODUCT.

KEEP OUT OF REACH OF CHILDREN.

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