



Item: 22776
Quantity: 60 Softgels

OmegaLife-3™

2000 mg of Fish Oil - 800 mg EPA 400 mg DHA

- ▶ Molecularly distilled to ensure exceptionally pure oil.
- ▶ Includes natural vitamin E to protect oil from oxidation.
- ▶ Includes orange oil to prevent fishy after-taste.
- ▶ Formulated to deliver higher levels of EPA and DHA than other fish oil products.
- ▶ One serving of OmegaLife-3 provides 800 mg of EPA and 400 mg of DHA omega-3 fatty acids.*

H HEART HEALTH SYSTEM

Nearly every adult is concerned about maintaining good heart health. Unicity's Heart Health System features the latest scientifically formulated supplements for nourishing and strengthening the cardiovascular system.*

- ▶ Replenishes nutrients vital to the heart*
- ▶ Supports healthy heart muscle and blood flow*
- ▶ Provides heart-specific antioxidant protection*

P PRODUCT INFORMATION

Fish oil is receiving increasing amounts of media attention as scientific evidence continues to provide proof of potential health benefits, the most notable being the ability to support normal heart function. In fact, the heart-health benefits of fish oil are so compelling, the U.S. Food and Drug Administration stated that, "Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids, (found in fish oil) may reduce the risk of coronary heart disease."

Fish oil has also been shown to maintain a healthy blood pressure. In addition to profound heart-health benefits, fish oil also plays a fundamental role in the development and maintenance of brain and nervous functions such as preservation of memory and mental clarity.*

In 2002 the FDA approved supplementation of DHA in infant formula. Potentially important in fetal and infant neural development, DHA has been shown to be incorporated into brain and retinal cell membranes—particularly during the third trimester and early infant life. Fish oil supports the eyes and helps early development of vision.*

F FEATURES AND BENEFITS

- ▶ Lowers triglycerides by inhibiting lipogenesis and stimulating fatty acid oxidation in the liver*
- ▶ Supports regular heart function*
- ▶ Maintains a healthy blood pressure*
- ▶ Helps to maintain normal blood flow*
- ▶ Helps support vitality and general feelings of well-being*
- ▶ Supports the immune system*
- ▶ Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease*

*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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? FREQUENTLY ASKED QUESTIONS

Q: What's the best way to get fish oil in my diet?

A: Studies have shown that many fish contain high levels of mercury and other toxins from our polluted oceans. The health risks of these toxins can outweigh the potential benefits of eating fish. Currently, it appears that the safest way to get omega-3s in your diet is from high quality, pharmaceutical grade fish oil supplements. The highest quality brands available today refine fish oil through a complex molecular distillation process to filter out any impurities.

Q: How much fish oil can I take?

A: The U.S. National Institutes of Health recommend 650 mg of EPA and DHA per day. One serving of OmegaLife-3 contains 2000 mg of fish oil with 400 mg DHA and 800 mg EPA.

Q: Is there any risk associated with taking fish oil?

A: Fish oil may result in blood thinning, therefore may increase the risk of bleeding, easy bruising and nosebleeds in people who are on blood thinning medications. Fish oil consumption should be stopped before surgery. Speak to your doctor before use if you have a medical condition.

Q: Who may benefit from supplementing with fish oil?

A: Everyone who needs support with a healthy cardiovascular system. Pregnant and nursing mothers should ask your doctor to see if this product is right for you before use.

S SCIENCE

Fish oil contains essential fatty acids known as omega-3 polyunsaturated fatty acids. The two main omega-3 fatty acids in fish oil, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) have been shown to influence important biological functions, such as maintaining cardio vascular health.

DHA is the predominant structural fatty acid in the central nervous system and in the retina of the eyes. Thus, the availability of DHA is crucial for fetal and brain development and is also important for the maintenance of brain functions in adult life. DHA also helps to maintain brain fluidity and may help in the maintenance of cognitive functions. Some studies suggest that adequate DHA supports vision.

EPA supports the synthesis of important biomolecules in the body. EPA is the building block of thromboxane and leukotriene, compounds involved in supporting healthy circulation. They also promote healthy blood vessels.*

R REFERENCES

SanGiovanni JP, Parra-Cabrera S, Colditz GA, Berkey CS, Dwyer JT. Meta-analysis of dietary essential fatty acids and long-chain polyunsaturated fatty acids as they relate to visual resolution acuity in healthy preterm infants. *Pediatrics* 2000;105:1292-8.

Koo WW. Efficacy and safety of docosahexaenoic acid and arachidonic acid addition to infant formulas: can one buy better vision and intelligence? *J Am Coll Nutr* 2003;22:101-7.

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Locke CA, Stoll AL: Omega-3 fatty acids in major depression. *World Rev Nutr Diet* 2001, 89:173-185.

Zanarini MC, Frankenburg FR. Omega-3 fatty acid treatment of women with borderline personality disorder: a double-blind, placebo-controlled pilot study. *Am J Psychiatry* 2003; 160: 167-69.

I Ingredients

Supplement Facts

Serving Size: 2 Softgels
Servings Per Container: 30

Amount Per Serving	%Daily Value
Calories	18
Calories from Fat	18
Total Fat	2 g 4%
Saturated Fat	400 mg 2%
Protein	0.4 g 0.8%
Vitamin E (as d-alpha tocopheryl)	20 IU 67%
Fish Oil	2000 mg
Eicosapentaenoic acid (EPA)	800 mg †
Docosahexaenoic acid (DHA)	400 mg †

† Daily Value not established

Other Ingredients: Gelatin, glycerin, purified water, orange oil.

Contains: Fish.

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For more information, contact your local Unicity Associate.

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