



## Omega Pure PLUS

Physician-recommended fish oil supplement for heart, brain & total body health\*



Omega Pure PLUS is a potent blend of Omega-3 fatty acids to support healthy cardiovascular health, brain health, immune health, joint health, and the cellular processes critical to your body's survival.\*

Unlock the Secret to Good Health with the Powers of Omega-3 Fatty Acids

### ESSENTIAL HEART HEALTH - GETTING THE "GOOD" FATS YOUR BODY NEEDS

If you asked your physician to recommend just one supplement for you to take along with a high quality multi vitamin and mineral, do you know what it would be? Chances are it would be a fish oil rich in the Omega-3s EPA and DHA.

**Here's why:** The two most important organs in your body - your heart and brain - can't function normally without eicosapentaenoic acid and docosahexaenoic acid, commonly known as EPA and DHA. These two long-chain Omega-3 fatty acids are called "essential" because your body needs them but cannot make them, thus they must be obtained from the foods you eat or through supplementation. **Because of their significant benefits in supporting cardiovascular health, consuming effective daily levels of fish oil rich in Omega-3 fatty acids is strongly recommended by physicians and the American Heart Association.** \*1

Omega-3 and Omega-6 are polyunsaturated fatty acids that work together as hormone-like substances to help retain normal processes in your body. Keeping a balance of these essential substances is particularly important for supporting cardiovascular health.\*2 Although the health benefits of fatty acids are widely recognized, and Omega-6 is often prevalent in daily diets, most people do not consume enough Omega-3 from their diet alone. **Omega Pure PLUS contains a balanced, concentrated daily dose of fish oil rich in these important Omega-3 fatty acids.**

### OPTIMIZE YOUR BRAIN & JOINT HEALTH - AND MORE!

**Fatty acids are more than heart healthy - their benefits can be seen in almost every part of your body.** As one of the most scientifically and clinically studied essential nutrients, Omega-3s have gained wide recognition from physicians and health professionals as being one of the most healthful "super nutrients." Studies have shown that EPA and DHA are effective in supporting healthy joints, supporting neural development and function, maintaining bone density and health, supporting healthy vision, maintaining a healthy weight, and supporting healthy and beautiful skin and hair.\*2

Supplementing your diet with Omega Pure PLUS is an easy way to incorporate balanced, effective levels of safe, healthful EPA and DHA into your daily nutrition plan. Added lemon flavoring and an ultra-pure formulation in these softgel capsules prevent the risk of any unpleasant fishy aftertaste.

- **BRAIN HEALTH-** Supports memory and learning. Helps the brain clear amyloid plaques, which may help prevent Alzheimer's dementia.\*3
- **HEART HEALTH** - Helps lower blood pressure. Supports healthy triglyceride levels and reduces cholesterol. Helps reduce blood clotting. May help reduce risk of heart attacks, strokes and death from heart disease.\*2
- **IMMUNE HEALTH-** Helps maintain a healthy inflammatory response and reduce inflammation.\*4
- **BONE & JOINT HEALTH** - Enhances calcium absorption. Helps reduce joint pain. Helps reduce symptoms of rheumatoid arthritis.\*4

### PHARMACEUTICAL-GRADE: SAFETY, PURITY & POTENCY GUARANTEED

Our exceptional manufacturing and purification processes ensure that our product exceeds the highest quality standards for fish oil supplements. Through an advanced molecular distillation process, all heavy metals, PCBs, pesticides, mercury, or organic residues are effectively eliminated.

Omega Pure PLUS provides potent & effective daily amounts of fatty acids in two easy-to-take softgel capsules.

### HIGHER LEVELS OF VITAMIN D

Another nutrient that is critically important to your long-term health, Vitamin D is commonly found in high levels in fish that are rich in Omega-3 fatty acids. But as is the case with EPA and DHA, **most people are deficient of Vitamin D through diet alone.** Provided in the form of D3, which is the natural form of Vitamin D that is produced by your body, and thus better absorbed and utilized by the body, this important nutrient **helps promote strong bones and a healthy immune system.** \*5

**DIRECTIONS:** Take two (2) softgels daily. For best results, take one (1) softgel twice daily (two total), preferably with food in the AM & PM.

#### Supplement Facts

Daily Serving Size: 2 capsules  
Servings Per Container: 28

Amount Per Serving		%DV
<b>Fish Oil Concentrate</b>		
Total Omega-3 Fatty Acids	1,100 mg	**
EPA (Eicosapentaenoic Acid)	600 mg	**
DHA (Docosahexaenoic Acid)	500 mg	**
Vitamin D3 (as Cholecalciferol)	200 IU	**

\*\* Daily Value not established

**Other ingredients:** Natural lemon flavor, gelatin, glycerin, and purified water USP.

**Contains:** Fish.

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

#### References:

- <sup>1</sup> American Heart Association. "Fish and Omega-3 Fatty Acids: AHA Recommendation." 2010.
- <sup>2</sup> Kris-Etherton PM, PhD, RD; Harris WS, PhD; and Appel LJ, MD, MPH. American Heart Association. "Fish Consumption, Fish Oil, Omega-3 Fatty Acids, and Cardiovascular Disease." 2002. AHA Scientific Statement. 106:2747-2757.
- <sup>3</sup> Mizwicki MT, Liu G, Fiala M, Magpantay L, Sayre J, Siani A, Mahanian M, Weitzman R, Hayden E, Rosenthal MJ, Nemere I, Ringman J, and Teplow DB. "1 $\alpha$ ,25-Dihydroxyvitamin D3 and Resolvin D1 Retune the Balance between Amyloid- $\beta$  Phagocytosis and Inflammation in Alzheimer's Disease Patients." 2013. J Alzheimer's Disease 34(1):155-170.
- <sup>4</sup> University of Maryland Medical Center. "Omega-3 fatty acids." 2011. Medical Reference Guide.
- <sup>5</sup> Manson JE, Bassuk SS, Lee I, Cook NR, Albert MA, Gordon D, Zaharris E, MacFadyen JG, Danielson E, Lin J, Zhang SM, and Buring JE. "The Vitamin D and Omega-3 Trial (VITAL): Rationale and Design of a Large Randomized Controlled Trial of Vitamin D and Marine Omega-3 Fatty Acid Supplements for the Primary Prevention of Cancer and Cardiovascular Disease." 2011. Contemporary Clinical Trials. 33(1): 159-171.



*Omega Pure PLUS is recommended by physicians because it is one of the Purest and Highest Quality fish oil products available.*