

OMEGA-3s

An unhealthy diet of processed, high-calorie, oxidized-fat foods; pollution; smoking; and sedentary lifestyles all contribute to poor heart health. Clinical trials have shown that supplementing with omega-3 fatty acids (found in fish oil) may help maintain normal levels of triglycerides and cholesterol, support healthy blood pressure and promote normal platelet activity.



BENEFITS OF VITAMIN E:

Aside from supporting a healthy cardiovascular system, the main health benefit of supplemental vitamin E comes from its antioxidant activity. Vitamin E is one of the most powerful fat-soluble antioxidants in the body and protects cell membranes from free radicals. Vitamin E is commonly added to fish oil supplements to provide antioxidant protection of DHA and EPA. Heart Health™ Omega III fatty acids use d-alpha-tocopherols, which are a natural isomer of vitamin E.

BENEFITS OF EPA AND DHA:

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) help maintain normal triglyceride levels by promoting normal lipogenesis and supporting normal fatty acid oxidation in the liver.

WHAT SETS OURS APART:

- 1 In contrast to competitors who use large fish, we use small fish such as sardines and anchovies to limit the accumulation of toxins prevalent in larger fish.
- 2 Our fish oil is tested twice, once by the manufacturer and then by an independent testing company. The fish oil used is laboratory-tested for mercury, lead, PCB and other heavy metals. We only use fish oil that meets or exceeds standards set by Canada (Canadian Food Inspection Agency), the European Union (EU) and the United States (Council for Responsible Nutrition).

Heart Health Essential Omega III with Vitamin E contains 3,000 mg of fish body oils (includes 900 mg of EPA and 600 mg of DHA¹).



**HEART
HEALTH™**
Cardiovascular Maintenance¹

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.

¹According to the FDA, supportive, but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.