

Essential Omega III

Fish Oil with Vitamin E

Did you know?

Heart disease is the second leading cause of death in Canada.

2.4 million Canadians age 20 years and older live with heart disease.

9 in 10 Canadians over the age of 20 have at least one risk factor for heart disease.

Cardiovascular disease (CVD) is the No. 1 cause of death globally. More people die annually from CVDs than from any other cause.

Men are generally more likely to develop heart disease. An increasing number of women are experiencing heart disease but they are under-diagnosed. For both sexes, the risk of heart disease increases with age.

<https://www.canada.ca/en/public-health/services/diseases/heart-disease-heart-health.html>
www.who.int/mediacentre/factsheets/fs317/en/
<http://www.hc-sc.gc.ca/hc-ps/dc-ma/heart-coeur-eng.php>

Primary Benefits

Source of EPA and DHA plus vitamin E for general health maintenance

Helps maintain normal cholesterol levels

EPA and DHA help support brain function

Source of fatty acids which support cardiovascular and immune health

Omega-3 fatty acids have been shown to maintain triglyceride levels and clinical studies show as much as a 25-30% reduction after supplementation with fish oils.

We only use fish oil that meets or exceeds standards set by Canada (CFIA)

Each softgel contains:

Fish Body Oils	1.5 g
EPA (Eicosapentaenoic Acid)	450 mg
DHA (Docosahexaenoic Acid)	300 mg
Vitamin E	7.7 mg

Fish oils have been clinically demonstrated to provide a host of benefits that successfully promote cardiovascular health. Essential Omega III Fish Oil with Vitamin E helps maintain normal cholesterol, triglyceride and blood pressure levels, helps maintain healthy levels of C-reactive protein, helps maintain normal blood flow and helps enhance mood.

The fish oil used in Essential Omega III is tested twice, once from the manufacturer and then by an independent testing company for mercury, lead, PCB, and other heavy metals. Both tests confirmed that Heart Health Essential Omega III Fish Oil with Vitamin E is free of mercury, lead, PCBs and other heavy metals. We only use fish oil that meets or exceeds standards set by Canada (CFIA), the European Union (EU) and the United States (CRN). Clinical trials have shown that supplementing with omega-3 fatty acids (found in fish oil) may help to maintain normal levels of triglycerides and cholesterol, support healthy blood pressure and promote normal platelet activity.

Code: C13852
Single Bottle (60 Servings)



*Consult your healthcare provider before increasing your daily intake dose. Consumers should not exceed a supplemental daily intake of 5 g of EPA and DHA combined.