



Cellular Function

**BiOmega™**

Concentrated omega-3 fatty acid supplement



USANA's BiOmega fish-oil supplement contains a concentrated dose of two important omega-3 fatty acids—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)—to support healthy cellular function throughout the body.

### THE BENEFITS OF BIOMEGA

The cells in your body have a phospholipid bilayer that acts as a gatekeeper between the inside and outside of the cell—keeping things out or letting them in. As key components of that bilayer, omega-3 and omega-6 fatty acids from our diet play a significant role in maintaining our good health at the most basic level. It is important to maintain an appropriate 1:1 ratio of omega-3 and omega-6, as these two substances work together to promote health. However, average diets contain significantly more omega-6. Eating fatty fish and supplementing with BiOmega are effective ways to increase omega-3 levels to help maintain a proper balance and support healthy cellular function.

Studies have shown omega-3 fatty acids to be effective in supporting cognitive health and brain function. Supportive but not conclusive research shows that consumption of EPA and DHA helps maintain cardiovascular health. One serving of BiOmega provides 1050 mg of EPA and DHA omega-3 fatty acids.

### THE SCIENCE OF BIOMEGA

The omega-3 long-chain fatty acids are the biosynthetic precursors of a family of compounds called eicosanoids (prostaglandins, thromboxanes, and leukotrienes). These hormone-like substances are a good source of omega-3 fatty acids for the maintenance of good health.

Ratios of omega-3s to omega-6s from the diet help support brain function. Neural phospholipid membranes selectively uptake DHA, and it is concentrated in the photoreceptors and some cell-signalling sites.

EPA and DHA are long-chain fatty acids whose function in the body includes helping maintain healthy high-density lipoprotein and triglyceride levels in the plasma, which are important for supporting healthy arterial function and blood flow. Many large-scale epidemiological studies and randomized controlled studies have shown that omega-3 fatty acids from fish support cardiovascular health.

These long-chain fatty acids are so important, in fact, that many commercially prepared infant formulas are now fortified with DHA to support health and nervous system development.

### THE USANA DIFFERENCE

Produced from cold-water, deep-sea fish oil, USANA's BiOmega includes a careful balance of DHA and EPA—both of which are necessary for the body. It also contains a more potent dose than many competitors.

BiOmega is purified to be virtually free of contaminants. Also free of trans-fatty acids, each capsule contains 2 mg of mixed natural tocopherols to maintain product quality during storage. Most purification processes for fish oil remove any vitamin D, but BiOmega is fortified with vitamin D to supply an additional 100 IU per day.

The fish oil used in BiOmega comes from a fishery that uses sustainable practices and renewable resources.

Supplementation with BiOmega is an excellent way to ensure that your diet includes a concentrated balance of safe, healthful EPA and DHA. And with added lemon flavouring, there is no fishy aftertaste.

ITEM #122

**RECOMMENDED USE:** SOURCE OF OMEGA-3 FATTY ACIDS FOR THE MAINTENANCE OF GOOD HEALTH. HELPS SUPPORT COGNITIVE HEALTH/BRAIN FUNCTION. HELPS MAINTAIN CARDIOVASCULAR HEALTH. / **USAGE RECOMMANDÉ:** UNE SOURCE D'ACIDES GRAS OMEGA-3 POUR LE MAINTIEN D'UNE BONNE SANTÉ. CONTRIBUE À LA SANTÉ COGNITIVE ET AUX FONCTIONS CÉRÉBRALES. AIDE À MAINTENIR LA SANTÉ CARDIOVASCULAIRE.

**RECOMMENDED ADULT DOSE:** TAKE TWO (2) CAPSULES DAILY WITH MEALS. / **DOSE RECOMMANDÉE POUR ADULTES:** PRENDRE DEUX (2) GÉLULES PAR JOUR AVEC LES REPAS.

**EACH CAPSULE CONTAINS:**

**MEDICINAL INGREDIENTS**

NATURAL FISH (SARDINE, ANCHOVY) 1000mg  
BODY OIL (STANDARDIZED TO 290 mg EICOSAPENTAENOIC ACID AND 235 mg DOCOSAHEXAENOIC ACID)

**VITAMIN D3**

(2.5 µg, CHOLECALCIFEROL)

NON-MEDICINAL INGREDIENTS: GELATIN, GLYCERIN, LEMON OIL, PURIFIED WATER, TOCOPHEROLS EXCIPIENT NF, MAIZE OIL, / INGREDIENTS NON MÉDICINAUX : GÉLATINE, GLYCÉRINE, HUILE DE CITRON, EAU PURIFIÉE, EXCIPIENT DE TOCOPHÉROL NF, HUILE DE MAÏS.

**CHAQUE GÉLULE CONTIENT :**

**INGRÉDIENTS MÉDICINAUX**

HUILE NATURELLE DE CHAIR DE POISSON (SARDINE, ANCHOIS) (NORMALISÉE : 290 mg D'ACIDE EICOSAPENTAËNOÏQUE ET 235 mg D'ACIDE DOCOSAHÉXAËNOÏQUE)

**VITAMINE D3**

(2,5 µg, CHOLECALCIFÉROL)

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION DRUG, OR HAVE A MEDICAL CONDITION. / GARDER HORS DE LA PORTÉE DES ENFANTS. CONSULTEZ VOTRE MÉDECIN SI VOUS ÊTES ENCEINTE, ALLAITÉZ, PRENEZ UN MÉDICAMENT DÉLIVRÉ SUR ORDONNANCE, OU SOUFFREZ D'UN PROBLÈME DE SANTÉ.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE. / TESTÉ EN LABORATOIRE. QUALITÉ GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUSSANCE, D'HOMOGÉNÉITÉ ET DE DESINTÉGRATION, LE CAS ÉCHÉANT.

THERE IS A SAFETY SEAL UNDER THE CAP. DO NOT USE IF THE SEAL IS BROKEN OR MISSING. STORE BELOW 25° C. / CE FLAÇON EST SCÉLLÉ. N'UTILISEZ PAS LE CONTENU SI LA FERMETURE DE SÉCURITÉ EST ENDOMMAGÉE OU ABSENTE. CONSERVER À UNE TEMPÉRATURE INFÉRIEURE À 25 °C.

USANA HEALTH SCIENCES, INC. SALT LAKE CITY, UT 84120 USA  
DISTRIBUTED BY: / DISTRIBUÉ PAR: USANA CANADA COMPANY  
80 INNOVATION DRIVE, WOODBRIDGE, ONTARIO L4H 0T2



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