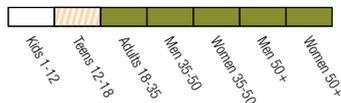




ITEM# 122
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BiOmega™



BiOmega™ is produced from wild ocean fish and contains two important omega-3 unsaturated fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). BiOmega is packaged in a convenient gel capsule for easy use and storage. Supplementing EPA and DHA fatty acids can help maintain normal, healthy cardiovascular function and helps maintain good joint health. Essential fatty acids are key structural components of the brain and retina. DHA also plays an important role in the growth and development of the brain of the fetus during pregnancy.

While we should limit fat intake to no more than 30 percent of calories, we should also pay attention to the type of fats we consume. Saturated fats—found in meat, milk, and cheese—help to promote the formation of artery-clogging fatty deposits. The trans-fatty acids found in partially hydrogenated margarines and shortening hidden in baked foods (cookies and cakes) and in fried fast foods are even more harmful to our health.

Monounsaturated fats, found in vegetable oils, do not promote arterial fat deposits. Polyunsaturated fats, such as the omega-3 fatty acids in fish oil, are the most beneficial fats.

Maintaining the proper balance of omega-6 and omega-3 fatty acids is also important. The modern Western diet contains much more omega-6 than omega-3.

Fat Metabolism

The body uses fats, in the form of triglycerides or phospholipids, in several ways. Fat supplies body insulation and fuel for energy production; it also provides padding to vital organs and serves to insulate nerve fibres to facilitate impulse transmission.

Fats are building blocks of important metabolic compounds such as hormones and prostaglandins. They also play an important role in transporting other nutrients, such as the fat-soluble vitamins A, D, E, and K. Fatty acids are important structural components of all cell membranes.

Why BiOmega™?

In the U.S., Europe, and Australia, the amount of omega-3 fatty acids consumed in the average diet has dropped drastically. The refining and hydrogenation processes that lengthen shelf life have also reduced the omega-3 fatty acids in commercial vegetable oils. Supplementation with BiOmega is an excellent way to ensure that your diet includes the healthful omega-3 fatty acids.

Recent studies have shown an unexpected prevalence of vitamin D deficiency in both Australia and New Zealand! Emerging evidence suggests many protective benefits of vitamin D, in addition to its role in bone health. For Australian's to achieve optimal levels of vitamin D without putting themselves at greater risk from increased sun exposure, there would be an increased requirement for dietary sources of vitamin D. As vitamin D is a fat soluble vitamin, BiOmega provides an ideal delivery medium for vitamin D, to ensure a sufficient daily intake.

USANA's BiOmega is guaranteed to be virtually free of heavy metals, organic contaminants, pesticides, and trans-fatty acids. Each capsule also contains mixed natural tocopherols to minimise oxidation of the omega-3 fatty acids and to maintain product quality during storage.

BiOmega is laboratory tested, potency guaranteed. Meets British Pharmacopoeia specifications for uniformity and disintegration where applicable.

Using BiOmega™

Take two (2) BiOmega™ softgel capsules daily, preferably with meals.

EACH CAPSULE CONTAINS:	
CONCENTRATED OMEGA-3 TRIGLYCERIDES-FISH	1000 mg
CONTAINING EICOSAPENTAENOIC ACID (EPA)	320 mg
CONTAINING DOCOSAHEXAENOIC ACID (DHA)	230 mg
CONTAINING TOTAL OMEGA-3 TRIGLYCERIDES	600 mg
CHOLECALCIFEROL (VITAMIN D3, 100 IU)	2.5 µg

USANA
HEALTH SCIENCES



Optimizers
Micronutrition

BiOmega™

- Contains cold-water fish oil rich in the important omega-3 fatty acids, EPA and DHA
- Provides a convenient gel capsule formulation for easy use and storage
- Helps support normal healthy cardiovascular function and helps maintain good joint health
- Fortified with vitamin D
- Flavoured with lemon oil



References

1. Nutrition and Dietetics, 2006, Vol. 63(4)

Vitamin supplements should not replace a balanced diet.
USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.