

Health Basics

- Provides advanced and guaranteed levels of EPA and DHA, two long-chain omega-3 fatty acids important for healthy brain function
- Supports sound cardiovascular health

BiOmega Difference

- Formulated with lemon oil to eliminate the fishy aftertaste associated with most fish oil supplements



ITEM# 122

No nutritional program is complete without a high-quality source of beneficial omega-3 fatty acids, which are lacking in the typical Western diet.¹ USANA's **BiOmega™** is produced from cold-water, deep-sea fish oil and contains a balanced, highly concentrated daily dose of two important omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in two convenient capsules per day.

Healthy Fats

Omega-3 and omega-6 fatty acids are the biosynthetic precursors of a family of compounds called eicosanoids (prostaglandins, thromboxins, and leucotriens). These compounds are hormone-like substances that help retain normal health processes in our bodies. It is important to maintain an appropriate balance of omega-3 and omega-6 in the diet as these two substances work together to promote health.² Yet despite the clear health benefits associated with omega-3 fatty acids, dietary surveys indicate that most of us do not obtain enough omega-3 fatty acids from our diets.³

In 2002, the American Heart Association issued new guidance on fish and fish oil consumption,⁴ because results of large-scale epidemiological studies and randomized controlled studies showed that omega-3 fatty acids in fish oil support cardiovascular health. In addition to the heart health benefits, studies have shown omega-3 fatty acids, in the form of fish

oil supplements, to be effective in promoting optimal neural development and function.

Early Childhood Development

It is important that women of childbearing age who are pregnant or may become pregnant get proper nutrition to ensure the best possible development for their baby, including getting sufficient amounts of omega-3 fatty acids. DHA is one of the dominant fats in the nerve cells of fetal and infant brains, and research is beginning to suggest that omega-3 fatty acids are critical to the development of the brain before birth and during early childhood.⁵ Most commercially prepared infant formulas are now fortified with DHA to support health and nervous system development.⁶

Vitamin D

Most purification processes for fish oil remove any vitamin D from the product. Yet, experts now widely believe that a majority of people are not getting enough vitamin D, which has been shown to have many health benefits. **BiOmega** is fortified with vitamin D to supply an additional 200 IU per day.

Why BiOmega™?

In spite of clear benefits, health authorities have warned us to limit our intake of certain species of fish due to concern about potential contaminants. Manufactured in a state-of-the art facility, USANA's **BiOmega** is virtually free of contaminants,

which are eliminated through a double-molecular distillation process that ensures the highest possible purity. Through this process, heavy metals, PCBs, pesticides, and organic residues are effectively eliminated. Also free of trans-fatty acids, each capsule contains 2 mg of mixed natural tocopherols to minimize oxidation of the omega-3 fatty acids and maintain product quality during storage. In short, **BiOmega** is one of the purest, highest quality products available on the market today.

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



- Cardiovascular
- Cellular Metabolic
- Skeleton/Structural
- Endocrine
- Brain/Nervous
- Digestive

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

EACH CAPSULE CONTAINS:		CHAQUE CAPSULE CONTIENT :
MEDICINAL INGREDIENTS:		INGRÉDIENTS MÉDICINAUX :
NATURAL FISH (SARDINE, ANCHOVY)	1000 mg	HUILE NATURELLE DE CHAIR DE POISSON (SARDINE, ANCHOIS)
BODY OIL (STANDARDIZED TO 290 mg EICOSAPENTAENOIC ACID AND 235 mg DOCOSAHXAENOIC ACID)		(STANDARDISÉE : 290 mg D'ACIDE EICOSAPENTAENOIQUE ET 235 mg D'ACIDE DOCOSAHXAENOIQUE)
VITAMIN D3 (CHOLECALCIFEROL)	100 IU	VITAMINE D3 (CHOLECALCIFÉROL)

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

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY AND DISINTEGRATION WHERE APPLICABLE. /
CE PRODUIT EST TESTÉ EN LABORATOIRE ET SA QUALITÉ EST GARANTIE. CONFORME AUX NORMES USP EN MATIÈRE DE PUISSANCE, D'HOMOGENÉITÉ ET DE DÉSINTÉGRATION, LE CAS ÉCHÉANT.

LB.000096

References

1. Bourre JM. Biomed Pharmacother 2007;61(2-3):105-12.
2. Benatti P, et al. J Am Coll Nutr 2004;23(4):281-302.
3. Kris-Etherton PM, et al. Am J Clin Nutr 2000;71(1 Suppl):179S-88S.
4. Kris-Etherton PM, et al. Circulation 2002;106:2747-2757.
5. Helland IB, et al. Pediatrics 2003;111(1):e39-44.
6. Salem, Jr, N, et al. Wrlrd Rev of Nut and Diet 1994;75:46-51.