

OmegaGenics® EPA-DHA 1000

Helps Support Cardiovascular, Musculoskeletal,
and Immune System Health*



Omega-3 fatty acids, also known as long-chain polyunsaturated fatty acids (PUFAs), are commonly found in oily fish such as herring, sardines, and mackerel. EPA and DHA provide considerable health benefits, and consuming products such as oily fish and marine oil supplements has been associated with good health throughout the lifespan.*

The production of EPA and DHA in the human body from precursor fatty acids such as alpha-linolenic acid can be inefficient, so it is important to consume them on a regular basis. Unfortunately, the typical Western diet tends to be low in omega-3s. According to the National Health and Nutrition Examination survey (NHANES), more than 81% of adults in the United States had omega-3 concentrations below the levels associated with cardiovascular health.*¹ Aggravating this problem is that omega-6 fatty acids are common in many foods that make up a large part of our diets, and omega-6s can interfere with the ratio and balance of omega fatty acids in the body. These factors make a strong case for regular supplementation of omega-3s.*^{2,3}

OmegaGenics EPA-DHA 1000 features a concentrated, purified source of omega-3 fatty acids from sustainably sourced, cold-water fish. Each softgel provides a total of 710 mg EPA and 290 mg DHA.

The OmegaGenics Difference

Transparency

We go to great lengths to ensure a high level of quality and consistency in every batch, so you can feel confident that what's on the label is exactly what's in the bottle.

Sustainability

Our fish are always sourced from fisheries that observe best practices for protecting endangered species and their ocean environments. To ensure the lowest environmental impact, we partner with Friends of the Sea—a third-party organization dedicated to the preservation of the marine habitat.

Extensive Testing

Every batch is third-party tested by Eurofins, a leader in environment and biopharma product testing, for over 450 contaminants including heavy metals and PCBs. Beyond that, we perform in-house testing for microbial contaminants and conduct quality measures (softgel disintegration time, shelf stability, and taste and tolerance) to ensure safety and potency.

Scientific Rationale

Among the most well established benefits of EPA and DHA is the support of cardiovascular health. EPA and DHA have been shown to have supportive functions for many aspects of heart health. Among the most consistently shown benefits of EPA and DHA to heart health is the supportive role these fatty acids play in maintaining healthy plasma triglyceride levels within the normal range.^{4,5}

EPA and DHA also play a role in maintaining the health of many systems in the body, including the musculoskeletal system. For example, daily consumption of EPA and DHA has been reported to support range of motion and flexibility in numerous clinical studies.^{6,7} Further clinical studies have shown support for muscle strength and decreasing temporary muscle soreness after exercise.⁸

Form: 60 Softgels, 120 Softgels

Serving size: 1 Softgel

Calories	15
Calories from Fat	15
Total Fat	1.5 g
Cholesterol	5 mg
Marine Lipid Concentrate	1.4 g
EPA (Eicosapentaenoic acid)	710 mg
DHA (Docosahexaenoic acid)	290 mg
Other Omega-3 Fatty Acids	100 mg

Ingredients: Marine lipid concentrate [fish (anchovy, sardine, and mackerel) oil], softgel shell (gelatin, glycerin, water), contains 2 percent or less of natural lemon flavor, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains: Fish (anchovy, sardine, and mackerel).**

Directions: Take one softgel up to three times daily with food or as directed by your healthcare practitioner.

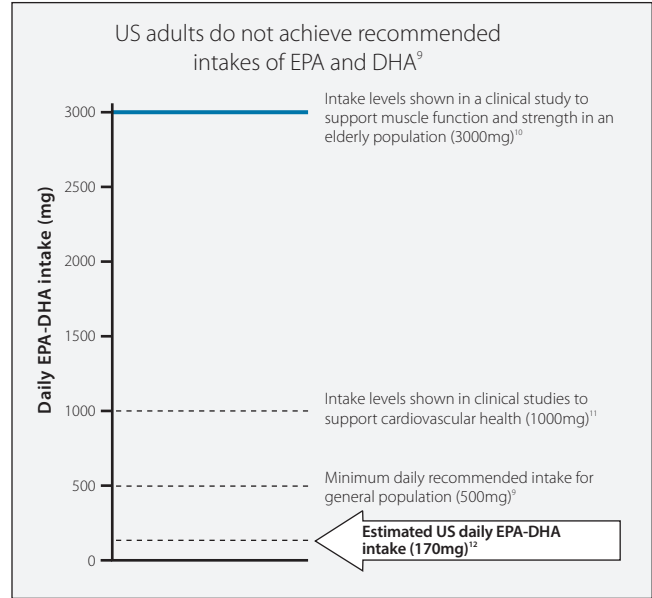
This product is non-GMO and gluten-free.

Caution: Consult your healthcare practitioner if pregnant, nursing, or taking other nutritional supplements or medications. Keep out of the reach of children.

References:

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*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.



Complementary Products:

- **PhytoMulti®:** A proprietary blend of 13 concentrated extracts and phytonutrients
- **D₃ 1000™:** High potency, bioavailable vitamin D
- **Mag Glycinate:** Highly absorbable magnesium

➤ Talk to your healthcare practitioner today about **OmegaGenics EPA-DHA 1000** or visit **WhyOmegaGenics.com** for more information

