

Did You Know?

Fish oil contains health fats, known as omega-3 fatty acids, an essential fatty acid that we cannot make on our own. Omega 3 deficiency is the sixth biggest killer of Americans.

Did You Know?

- ✓ The three main groups of omega-3s include Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and Alpha-linolenic acid (ALA).
- ✓ Omega-3 fats can come from both plant and animal sources, however, marine animals such as fish, krill, salmon, cod and anchovies provide EPA and DHA.
- ✓ ALA, which is found in plant sources, such as flaxseed, chia, hemp and walnuts, is converted into EPA and DHA in your body at a very low ratio.

Fish Oil Benefits

- Supports cardiovascular health
- Supports healthy cholesterol and triglyceride levels
- Supports healthy blood glucose levels
- Supports cognitive health, learning, memory and mood
- Supports a healthy inflammatory response throughout the body

Fish Oil Facts

- A study published in the American Journal of Clinical Nutrition in August 2013 found that children who consumed an omega-3 fat supplement as infants scored higher on rule learning, vocabulary, and intelligent testing at ages 3 to 5.
- EPA and DHA support dopamine production in your brain, increase neuronal growth in the frontal cortex of your brain, and increase cerebral circulation.

Fish Oil Facts (cont.)

- DHA is the main fat found in your brain, in fact, DHA makes up about 20% of your brain's cerebral cortex, while EPA is found in high concentrations in the retina of the eye.
- Animal cells cannot form omega-3, so a fetus must obtain all of its omega-3 fatty acids from the mother's diet. A mother's dietary intake and plasma levels of DHA directly influence DHA levels of the developing fetus, impacting the child's brain and eye health!

Our Fish Oil Purity

The fish oil used in all of our own brand products is tested for the heavy metals mercury, arsenic, lead, and cadmium, PCBs (polychlorinated biphenyls), as well as dioxins and furans, which are environmental contaminants found in the ocean.

Steam Distillation vs Molecular Distillation

Steam distillation is a separation process that purifies fish oil contaminants such as heavy metals, PCBs and dioxins. The fish oil is heated to 180-280°C before steam passes into the oil to remove any unwanted contaminants. Steam causes the different parts of the oil to boil off at different temperatures so they can be collected separately.

Molecular Distillation is both a concentration and purification process. During the process, fish oil is heated to 190°C in a column with heated walls, followed by added vacuum pressure. Molecular distillation concentrates the fish oil to yield higher amounts of certain fatty acids, such as EPA and DHA, which is useful for higher concentrations.

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USDA National Organic Program <http://www.ams.usda.gov/AMSv1.0/nop> as viewed 25 April 2011
Organic Trade Association <http://www.ota.com/index.html> as viewed 25 April 2011