

Super Omega-3 Plus EPA/DHA with Sesame Lignans, Olive Extract, Krill & Astaxanthin

Supports a healthy cardiovascular system and brain

Item #01988 • 120 softgels

Super Omega-3 Plus EPA/DHA with Sesame Lignans, Olive Extract, Krill & Astaxanthin combines fish and krill oil — two *different* sources of omega-3 fatty acids — with olive fruit extract, sesame lignans, and the super-antioxidant astaxanthin. This provides maximum omega-3 and antioxidant support in a single softgel!

This broad-spectrum approach maximizes the uptake and protective benefits of omega-3 fatty acids. Fish oil and krill oil absorb into our cells differently, and studies show they can have complementary effects¹, particularly on the cardiovascular system and brain.²

Fish oil omega-3s assimilate quickly into *plasma triglycerides* and *platelet phospholipids* for cardiovascular support.³ Krill oil omega-3s rapidly incorporate into *red blood cell phospholipids* absorbed by your brain.⁴ Together, both omega-3 sources appear to promote cardiovascular and nervous system health better than either form by itself.

Part of our OMEGA FOUNDATIONS™ line, this formula features AlaskOmega® fish oil — from wild caught, sustainably harvested cold water Alaska Pollock, processed in the United States within hours of harvest for exceptional freshness.

Astaxanthin is a powerful antioxidant carotenoid that controls harmful free radicals, boosts mitochondrial function,⁵ supports brain,^{6,7} cardiovascular^{8,9} and immune system health,^{10,11} and more. Olive fruit extract protects normal LDL from oxidation¹²⁻¹⁶ with the polyphenol content of 8 to 12 tablespoons of extra virgin olive oil in a daily serving.

Sesame lignans augment the beneficial effects of fish oils by protecting them from *lipid peroxidation*, which can limit biological efficacy.^{17,18} Sesame lignans can also help promote a healthy inflammatory response.

Experts believe that taking fish oil and krill oil together offers coverage to powerfully boost your health — with benefits that add to and amplify those of fish oil alone. So support your cardiovascular, neurological, and whole-body health with Super Omega-3 Plus!



Two softgels contain:

Pure+™ Wild Fish Oil and Antarctic Krill	2,350 mg
<i>(Euphausia superba)</i> Oil Concentrates	
Yielding:	
EPA (eicosapentaenoic acid)	750 mg
DHA (docosahexaenoic acid)	510 mg
Typical DPA (docosapentaenoic acid)	50 mg
Phospholipids	60 mg
Polyphen-Oil™ Olive extract (fruit and leaf)	200 mg
[providing 45 mg polyphenols, 11.25 mg verbascoside/oleuropein, 7.5 mg hydroxytyrosol]	
Sesame seed lignan extract	5 mg
Natural Astaxanthin (from CO ₂ extract of <i>Haematococcus pluvialis</i> algae)	2 mg

Other ingredients: highly refined fish oil concentrate (Alaska Pollock), gelatin, glycerin, purified water, safflower oil, silica, natural lemon flavor, caramel color, maltodextrin, gum acacia, rosemary extract, mixed tocopherols.

Contains crustacean shellfish (krill)

Dosage and use

- Take two softgels twice daily with meals, or as recommended by a healthcare practitioner..

Non-GMO

Caution: If you are taking anti-coagulant or anti-platelet medications, or have a bleeding disorder, consult your healthcare provider before taking this product.

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.