

Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract

The most comprehensive fish oil supplement on the market

Item #01982 • 120 softgels

Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract is part of our OMEGA FOUNDATIONS™ line. Inspired by the heart healthy Mediterranean diet, this unique formula contains clinically validated doses of EPA and DHA fatty acids, olive extracts, and sesame lignans. The result is a pure, potent omega-3 supplement for cardiovascular health support.¹⁻³

Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. That's why Super Omega-3 contains clinically validated dosages of EPA and DHA omega-3 fatty acids from AlaskOmega® — a pure, fresh fish oil made from wild caught, cold water Alaska Pollock responsibly harvested from a Marine Stewardship Council (MSC) certified sustainable fishery.

AlaskOmega® fish oil is refined in the United States from fish processed within hours of harvest for exceptional freshness. It has earned the International Fish Oil Standards' (IFOS™) highest 5-star rating. Ask yourself this question: Where does *your* fish oil come from?

And while pure, fresh omega-3s are certainly important, the Mediterranean diet isn't just about fish oil. So we've packed highly concentrated olive fruit and leaf extracts that deliver the beneficial polyphenol content of 8 to 12 *tablespoons* of extra virgin olive oil into each daily serving of Super Omega-3!

This formula also contains sesame lignans because fish oil is highly susceptible to oxidation — a chemical process which robs it of its beneficial attributes. Sesame lignans guard *against* lipid peroxidation, extending the stability of DHA omega-3 fatty acids and further augmenting their beneficial effects.⁴⁻⁵ We've even included a natural lemon flavor to help with palatability.

Harness the cardiovascular benefits of omega-3s derived from pure, fresh, sustainable fish oil, combined with the potent olive fruit polyphenols found in the heart-healthy Mediterranean diet. Try Super Omega-3 EPA/DHA with Sesame Lignans & Olive Extract today!

References

1. *Am J Clin Nutr.* 2008 Jun;87(6):1991S-6S.
2. *Curr Atheroscler Rep.* 2008 Dec;10(6):503-9.
3. *J Nutr.* 2010 May;140(5):1023-8.
4. *Metabolism.* 2006 Mar;55(3):381-90.
5. *Biochem Biophys Acta.* 2004 Jun 1;1682(1-3):80-91.

AlaskOmega® is a registered trademark of Organic Technologies.



Two softgels contain:

Pure+™ Wild Fish Oil Concentrate	2,000 mg
Yielding: EPA (eicosapentaenoic acid)	700 mg
DHA (docosahexaenoic acid).....	500 mg
Typical DPA (docosapentaenoic acid)..	50 mg
Polyphen-Oil™ Olive extract (fruit and leaf)	300 mg
[providing 19.5 mg polyphenols,	
5.2 mg hydroxytyrosol/tyrosol,	
4.4 mg verbascoside/oleuropein]	
Sesame seed lignan extract	10 mg
Other ingredients: highly refined fish oil concentrate (Alaska Pollock), gelatin, glycerin, purified water, silica, maltodextrin, natural lemon flavor, caramel color, sunflower lecithin, mixed tocopherols, rosemary extract.	

Non-GMO

Dosage and use

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

The Super Omega-3 product meets or exceeds International Fish Oil Standards (IFOS™) for omega-3 concentration, PCBs, dioxins, furans, oxidation and heavy metals, and thus has received its highest 5-star rating.

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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.