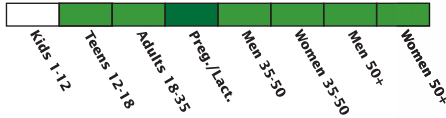


# Optimizers



## BiOmega™

- Supports healthy blood pressure and cholesterol
- Contains twice the potency of most fish oil supplements
- Offers exceptional purity-virtually free of harmful contaminants
- Contains natural lemon oil that gets rid of fishy aftertaste

No nutritional program is complete without a high quality source of beneficial omega-3 fatty acids, which are lacking in the typical Western diet.<sup>1</sup> 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: eicosapentanoic acid (EPA) and docosahexanoic 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.<sup>2</sup> 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.<sup>3</sup> In 2002, the American Heart Association issued new guidance on fish and fish oil

consumption,<sup>4</sup> because results of large-scale epidemiological studies and randomised 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 supporting healthy joints,<sup>5,6</sup> promoting optimal neural development and function, and maintaining good bone health.<sup>7-9</sup> Finally, DHA is also an important structural component of the retina and is, therefore, essential for eye development and growth.<sup>10</sup>

### 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.<sup>11</sup> Most commercially prepared infant formulas are now fortified with DHA to support health and nervous system development.<sup>12</sup>

## 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, such as supporting bone health<sup>13</sup> and healthy lung function.<sup>14</sup> The omega-3 fatty acids in fish oil and vitamin D are also important structural components of retinal and neural tissues and may help retain eye health.<sup>15,16</sup> **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 2mg of mixed natural tocopherols to minimise 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 natural lemon oil, there is no fishy aftertaste.

## USING BiOmega

Take two (2) capsules daily, preferably with food.

Supplement Facts		
Serving Size 2 Capsules		
Amount Per Serving		
		%DV*
VITAMIN D (AS CHOLECALCIFEROL)	200IU	50%
FISH OIL CONCENTRATE	2000mg	†
TOTAL OMEGA-3FATTYACIDS	1200mg	†
EPA (EICOSAPENTAENOIC ACID)	580mg	†
DHA (OOCOSAHEXAENOIC ACID)	470mg	†

★ Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

LB00393

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