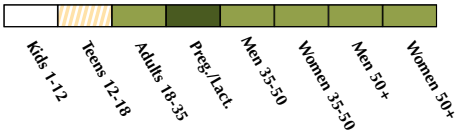
BIOMEGA™



- **Supports healthy blood pressure and cholesterol, provided they are healthy to begin with***
- **Contains twice the potency of many fish oil supplements**
- **Offers exceptional purity—virtually free of harmful contaminants**

ITEM# 122

No nutritional programme is complete without a high-quality source of beneficial omega-3 fatty acids, which are generally lacking in the typical Western diet.[1] USANA's BIOMEGA™ food supplement 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.[2] Yet despite the clear health benefits associated with omega-3 fatty acids, dietary surveys indicate that, in general, most of us do not obtain enough omega-3 fatty acids from our diets.[3]*

In 2002, the American Heart Association issued new guidance on fish and fish oil consumption,[4] 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,[5,6] promoting optimal neural development and function, and maintaining good bone health.[7-9] Finally, DHA is also an important structural component of the retina and is, therefore, essential for eye development and growth.[10]*

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 foetal 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.[11] Many commercially prepared infant formulas are now fortified with DHA to support health and nervous system development.[12]*

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[13] and healthy lung function.[14] 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 2 mg 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 lemon flavouring, fishy aftertaste is reduced.

References

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7. Uauy R, et al. Lipids. 2001;36(9):885–95.
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DIRECTIONS: TAKE TWO (2) CAPSULES DAILY, PREFERABLY WITH FOOD. DO NOT EXCEED STATED RECOMMENDED DAILY DOSE.

EACH CAPSULE CONTAINS:		%EC RDA*
VITAMIN D	2.5µg (100 I.U.)	50%
NATURAL FISH OIL	1000mg	†
CONTAINING TOTAL OMEGA-3 FATTY ACIDS	600mg	†
CONTAINING EPA (EICOSAPENTAENOIC ACID)	290mg	†
CONTAINING DHA (DOCOSAHEXAENOIC ACID)	235mg	†

*RDA = Recommended Daily Allowance
†No EC RDA Established

INGREDIENTS: NATURAL FISH OIL, CAPSULE SHELL (GELATINE AND GLYCERINE), FLAVOUR (LEMON OIL), PURIFIED WATER, MIXED NATURAL TOCOPHEROLS, EMULSIFIER (SOYA BEAN OIL), EMULSIFIER (CORN OIL).

ALLERGY ADVICE: CONTAINS SOYA AND FISH.

KEEP OUT OF REACH OF YOUNG CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED DIET.

***These statements have not been evaluated by the Food Standards Agency. This product is not intended to diagnose, treat, cure, or prevent any disease.**