



NHTGlobal



WELLNESS

ESSENTIAL FATTY ACIDS Omega-3



We are often warned of the dangers of consuming a diet too high in fat, but not all fats are created equal. Omega-3 Essential Fatty acids are polyunsaturated fatty acids and essential components of cell membranes that are key to the function and health of the body. These “good fats” are essential because they are NOT made by the body -- we must obtain these nutrients through food or supplements. Increasingly more studies and research continue to uncover the importance of Omega-3 Fatty acids to health.

Key Ingredients

Highly refined and concentrated omega-3 fish oil, capsule (gelatin, glycerin and purified water), natural citrus flavors, proprietary antioxidant blend (consisting of rosemary extract, sunflower oil [seed], ascorbyl palmitate and natural tocopherols). Contains Fish (anchovies, sardines, mackerel and tuna).

Full Body Health Benefits



Cardiovascular Health Omega-3s support cardiovascular function. Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.*



Brain Health - Studies show that Omega-3s can support cognitive function and neurological development in fetuses.*



Joint Health - Studies show that Omega-3s can promote joint comfort and flexibility, especially for those with joint challenges.*



Healthy Weight and Skin - When used in combination with a healthy diet and exercise program, research has shown Omega-3 fatty acids can enhance the body's ability to address its fat metabolism and promote a healthy weight.* They can also support the youthful beauty and tone of the skin.*



Vision and Ocular Health - Omega-3s, especially DHA, have been found to help support the health of the macula and retina of the eye.*



Omega-3 Superstars: EPA and DHA



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are recognized as the two most important Omega-3s to health.

They are key to optimal function of vital bodily systems like the brain, heart, eyes, and joints.* Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

NHT Global's Omega-3 Essential Fatty Acids is an ultra-pure Omega-3 Gourmet Marine Oil. One serving of NHT Global's Omega-3 Essential Fatty Acids provides 1,000 mg of EPA and DHA omega-3 fatty acids, which not only meets but exceeds the daily recommended values of Omega-3 as suggested by major health organizations and international experts.

Reference: Fish and Omega-3 Fatty Acids. American Heart Association. www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Fish-and-Omega-3-Fatty-Acids_UCM_303248_Article.jsp

*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.



COMMITMENT TO SUSTAINABILITY

The fish oil used in NHT Global's Omega-3 Essential Fatty Acids comes from sustainable sources that meet the strict certification standards of Friends of the Sea (FOS), an international organization dedicated to the conservation of marine habitats around the world.

Q & A

What are some common food sources of Omega-3?

Some food sources of Omega-3 include salmon, sardines, mackerel, grass-fed beef, flax seed, chia seeds, walnuts, natto, tuna, and grass-fed dairy.

What kinds of fish sources are used in Omega-3 Essential Fatty Acids?

The fish oil used in Omega-3 Essential Fatty acids is sourced from anchovies, sardines, mackerel and tuna. It is shown that smaller fish, such as anchovies and sardines, are the best choice because they have less bio-accumulation of toxins than larger fish.

Who should take Omega-3 Essential Fatty Acids?

Omega-3 Essential Fatty Acids offer health benefits for people of all ages. NHT Global's Omega-3 Essential Fatty Acids is safe for both adults and children ages 4 and up.

RECOMMENDED USE:

Adults: Take 2 softgels daily, preferably 10 minutes before a meal. Do not exceed 8 softgels daily unless under the supervision of a healthcare professional.

Children 4+: One softgel daily.

CAUTIONS:

Consult your healthcare professional before use, if pregnant or lactating, suspect a medical condition, or are taking prescription drugs. **DO NOT CONSUME IF YOU HAVE SENSITIVITY OR ALLERGY TO FISH.** Keep refrigerated.

MANUFACTURED EXCLUSIVELY FOR

 **NHT**Global

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