

Get the Most from Your Omega-3 Supplement

Tuna Omega-3 Oil and Tuna Omega-3 Chewable are great ways to obtain your daily requirement of omega-3 essential fatty acids. Our chewable form is suitable for children and has a great orange flavor they'll love. Plus, it has vitamins D and E for additional bone, immune, and antioxidant support.

9 Benefits of Tuna Omega-3 Oil and Tuna Omega-3 Chewable

- Provide a natural source of DHA and EPA, a must for optimizing health for people of all ages
- Support optimal brain development for the fetus and nursing babies
- Support healthy eye development in children and newborns
- Support healthy emotional growth and response in children and adolescents
- Supportive but not conclusive research has shown that EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease
- Help enhance learning and cognitive function
- Support healthy mood and help address the challenges of stress
- Support healthy inflammatory responses and healthy immune system function
- Support joint health*

Why Tuna Omega-3 Oil and Tuna Omega-3 Chewable are Unique

These products provide a source of DHA and EPA in a naturally occurring 5:1 ratio, as it is found in tuna. Every batch is consistently tested for contaminants (PCBs, mercury, etc.) to assure it meets the highest quality specifications. It is a convenient way for you to receive the health benefits of omega-3s and help you balance your omega-3 and omega-6 intake.*

Ask our office how you can support your cardiovascular, nervous, and immune systems with Tuna Omega-3 Oil or Tuna Omega-3 Chewable.*



Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. For these reasons and many more, we proudly recommend Standard Process whole food supplements.

Tuna
Omega-3
Oil

&
Tuna
Omega-3
Chewable

Protection
for Every
Stage of
Life



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30% PCW



Over the years, fat has gotten a bad rap. However, certain vitamins are only present in fat, and these vitamins need fat to be absorbed by the body. While our modern-day diets give us plenty of fat, it's mostly the wrong kind.

So, what's the right kind?



Everyone needs essential fatty acids (EFAs).

What are EFAs?

Fats and oils contain fatty acids. Essential fatty acids (EFAs) are unsaturated fatty acids that the body does not make on its own but needs in order to maintain good health. We obtain EFAs only through the food we eat. Omega-3s and omega-6s are two types of EFAs.

Who Needs DHA and EPA?

Everyone can benefit from DHA and EPA. They are building blocks during growth and support good health as we age.

They are especially important for:

- Pregnant and nursing mothers for proper brain and eye development of the child
- Adults and seniors who want to keep their mental agility
- Children and adults for healthy emotional response and mood
- People who need additional support for their heart, immune system, or joints

Omega-3s

Omega-3 fatty acids are *long-chain polyunsaturated* fats having unique health properties, due to their structure and their direct incorporation into cell membranes. Omega-3s are found in flaxseeds, canola oil, nuts, avocados, and cold-water fish—especially tuna.

Two important omega-3s found naturally in fish are DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). These specific omega-3 fatty acids are vital to long-term health.

DHA is needed for proper brain development, as well as visual and neurological growth.

EPA helps moderate the body's natural inflammatory response and improves cardiovascular integrity.*

Omega-6s

Omega-6s are also EFAs. They are found in foods, such as vegetable and olive oils, nuts, beef, and chicken. Omega-6s are essential components of our diet. However, consuming too many can contribute to serious health issues, especially if the diet is low in omega-3s.

We Consume Too Many Omega-6s

Today, people consume 25 times more omega-6s than omega-3s. Because we consume too many omega-6s, we put a burden on our heart and circulatory system.

The healthiest choice would be to consume less fat and have about the same amounts of omega-3s and omega-6s. Populations, such as Eskimos, that consume equal amounts of EFAs, enjoy a very low incidence of heart disease.

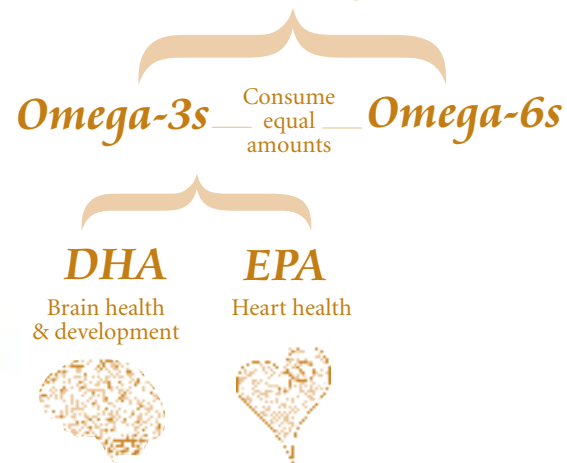
The Benefits of Supplementation

Simply eating more cold-water fish, like tuna and salmon, could improve our balance of omega-3s to omega-6s. But taking a supplement is a better choice. **Why?**

We simply do not eat enough cold-water fish to enjoy the health benefits that omega-3s provide. Taking an omega-3 supplement every day is a safe and convenient way to ensure that you are consistently getting the DHA and EPA that you need to maintain optimal health.

The tuna oil used in our products is a preferred source of DHA and EPA because the tuna is harvested from the clean environment of the South Pacific and has naturally high levels of DHA.*

Essential Fatty Acids



Achieve a Healthier Balance Two Ways

In conjunction with a whole food diet, try Tuna Omega-3 Oil or Tuna Omega-3 Chewable. They are safe and convenient ways to increase your intake of omega-3s and improve your omega-6 to omega-3 ratio.

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

