



HEALTH & WELLNESS

OMEGA 3 EPA

*Essential fatty acids needed for optimal health**

DESCRIPTION

When research showed that Greenland Eskimos and the Japanese enjoy remarkable cardiovascular health, scientists began delving for the reason. They discovered that these cultures consume foods rich in omega-3 fatty acids. Today, the benefits of these important compounds are widely known and recognized.

Identified as essential elements for good health, omega-3 fatty acids are not made naturally by the body, so they must be consumed through the diet. Primarily available in cold-water fish, including salmon, tuna, mackerel, and halibut, omega-3 fatty acids are also found in tofu, soybean, nuts, and canola oils. Most people fall short of consuming the necessary amounts of these critical nutrients, so supplementation is needed.

Many medical professionals recommend omega-3 fatty acid dietary supplements for the general population. As we hear all too often in the news, cold-water fish are frequently contaminated with toxins, but most fish-oil-based supplements tend to be free of these toxins.

Neways' Omega 3 EPA is an exclusive formula that contains the critical compounds known for supporting circulatory system health.^{1,4} In addition, these fatty acids support the body's maintenance of blood lipids, may increase levels of good cholesterol,³ and support cellular health.*

BENEFITS

- Supports cellular health*
- Supports circulatory system health*
- Supports healthy skin*
- Maintains cholesterol levels that are already within the normal range*

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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.*



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KEY INGREDIENTS

- *Eicosapentaenoic acid* (EPA) and *docosahexaenoic acid* (DHA)—Found in fish oil, these long-chain polyunsaturated fatty acids improve circulatory system health.*
- *Vitamin E*—An integral component of cell membranes, this antioxidant vitamin helps prevent free radical oxidation, shielding DNA from possible mutagens. In addition, it helps maintain circulatory system health.*

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Supplement Facts		
Serving Size 1 Softgel		
Servings Per Container 60		
Amount Per Serving	% Daily Value	
Calories	12	
Calories from Fat	10	
Total Fat	1 g	2%*
Saturated Fat	0.3 g	2%*
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0.3 g	
Protein	0.3 g	1%*
Vitamin E	5 IU	17%
(from mixed tocopherols)		
Marine Lipid Concentrate	1,000 mg†	
(Eicosapentaenoic EPA 180 mg)		
(Docosahexaenoic DHA 120 mg)		
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established		

Other ingredients: Gelatin, glycerin, water.

DIRECTIONS: Take one softgel with a meal three times daily.

CAUTION: Consult your health care provider prior to use if you are pregnant or nursing, have a medical condition, or when taking any medication.

STORAGE: Keep tightly closed and store in a cool, dry place. Refrigerate after opening.

STORE OUT OF REACH OF CHILDREN

Neways uses natural source materials that may cause color variation in the product.

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SOURCE CITATIONS

1. Das UN. Beneficial effect(s) of n-3 fatty acids in cardiovascular diseases: but, why and how? *Prostaglandins Leukot Essent Fatty Acids* Dec. 2000;63(6):351-62.
2. Harris WS. N-3 fatty acids and serum lipoproteins: human studies. *Am J Clin Nutr* 1997;65(suppl 5):S1645-54.
3. Connor WE. Importance of n-3 fatty acids in health and disease. *Am J Clin Nutr* 2000;71(1 suppl):S171-75.
4. Bhathena SJ. Relationship between fatty acids and the endocrine system. *Biofactors* 2000;13(1-4):35-39.6.



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