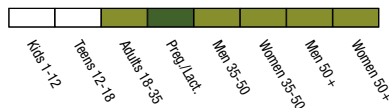




ITEM# 127

OptOmega™



In the past few years, researchers have begun to understand the fundamental role that a certain class of fats, known as essential fatty acids (EFAs), plays in health and wellness. EFAs are called “essential” because the body needs them, yet cannot produce them. Therefore, essential fatty acids must come from the diet.

There are only two essential fatty acids—alpha-linolenic acid (an omega-3 fatty acid) and linoleic acid (an omega-6 fatty acid).

OptOmega™ is an all-natural, vegetarian product. It is produced from certified organic, unrefined cold-pressed flax seed, sunflower seed, pumpkin seed, and extra-virgin olive oils. These oils are processed in an inert nitrogen atmosphere, with UV radiation and oxygen excluded. The oils are expeller-pressed and unrefined, and contain no trans fatty acids. All blending, mixing, and bottling of the product is done under nitrogen.

Omega-3 and Omega-6 Fatty Acids: A Balanced Blend

Because the refining process used for commercial oils removes nearly all omega-3 fatty acids, our modern diet may not provide adequate amounts of this EFA or the entire class of compounds made from it.

With an omega-3 to omega-6 ratio of 3-to-1, OptOmega is designed to re-establish the optimal balance of omega-3 and omega-6 fatty acids.¹

Balanced EFAs for Balanced Prostaglandins

Linoleic acid and alpha-linolenic acid (fatty acids) are essential precursors in the biosynthesis of prostaglandins, each giving rise to a different class of these important compounds. The balance of omega-3 to omega-6 essential fatty acids is critical to maintaining optimal prostaglandin biosynthesis.^{1,9}

Natural Antioxidant Blend to Preserve Freshness

OptOmega is stabilised with a potent blend of antioxidants, including E-Prime™ (tocopherols), rosemary extract, turmeric extract, and phenols from extra-virgin olive oil.

Organic Oils

All of the oils used in OptOmega are Certified Organic by the Washington State Dept. of Agriculture.



OptOmega is an excellent way to return essential fatty acids to your diet and balance your intake of omega-3 and omega-6 fatty acids. When combined with a healthy diet, exercise, and reduced-stress living, it provides an excellent strategy for optimal health.

Each two-teaspoon serving contains:

Omega-3 (a-linolenic acid)	4.3 g
Omega-6 (linoleic acid)	1.4 g
Omega-9 (oleic acid)	2.7 g

Using OptOmega™

Take two (2) teaspoons (about nine grams) of OptOmega per day. It can be taken straight with the USANA® Essentials each morning, or added to NutriMeal™ or Fibery™. Avoid heating or frying.

Keep refrigerated.

NUTRITION INFORMATION		
SERVINGS PER CONTAINER — 24		
SERVING SIZE — 10 mL (2 TEASPOONS)		
	QUANTITY PER SERVING*	QUANTITY PER 100 mL*
ENERGY	340 kJ (81 Cal)	3400 kJ (810 Cal)
PROTEIN	0 g	0 g
FAT, TOTALS	9.2 g	92.0 g
– SATURATED	0.8 g	8.0 g
– TRANS	0 g	0 g
– POLYUNSATURATED	5.7 g	57 g
– OMEGA-3	4.3 g	43 g
– OMEGA-6	1.4 g	14 g
– MONOUNSATURATED	2.7 g	27 g
– OMEGA-9	2.7 g	27 g
CARBOHYDRATE	0 g	0 g
– SUGARS	0 g	0 g
SODIUM	0 mg	0 mg
POTASSIUM	0 mg	0 mg
* AVERAGE QUANTITIES		

Tasty & Healthy OptOmega™ Salad Dressing

This salad dressing provides an easy and delicious way to add essential fatty acids, omega 3 and omega 6 to your diet.

Made using USANA's OptOmega, which is made from a unique blend of certified organic, cold-pressed flax, sunflower, pumpkin seeds and extra-virgin olive oil, this flavoursome salad dressing is ideal for vegetarians.

Ingredients:

1/4 cup balsamic vinegar
1/8 cup lemon juice
1/4 cup OptOmega
1/4 cup olive oil
1/2 tablespoon sesame oil (per taste)

Preparation:

Combine the above ingredients and serve over salad.

Serving Size:

2 tablespoons per serve.

Important:

For lower calorie dressing, add 1/2 cup water with above dressing. Add 1/4 teaspoon xanthan gum and mix at low speed until dressing is suspended.

References

- Lands, W.E.M., (Ed), Polyunsaturated Fatty Acids and Eicosanoids, AOCS, Champaign, IL, 1987.
- Erasmus, Udo. "Fats that heal, Fats that Kill" Alive Books, Burnaby BC Canada 1994.
- Lees, R., and Karel, M., Dekker, Basel, Switzerland, 1990.



Optimizers Micronutrition

OptOmega™

- Delivers a balanced ratio of essential fatty acids omega-3 and omega-6 through a unique blend of organic, cold-pressed flax, sunflower, pumpkin seed, and extra-virgin olive oils
- Utilises extra-virgin olive oil, E-Prime™ (tocopherols), turmeric, and rosemary for superior antioxidant protection to keep OptOmega™ fresh

