



- Delivers a high level of omega-3 fatty acids balanced by omega-6 fatty acids through a unique blend of organic, cold-pressed flax, sunflower, pumpkin seed, and extra-virgin olive oils
- Utilizes extra-virgin olive oil, turmeric, and rosemary for superior protection from oxidative damage



ITEM# 127

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 make them on its own. Therefore, EFAs must come from the diet.

OPTOMEGA® is an all-natural, vegetarian product produced from certified organic, unrefined cold-pressed flax seed, sunflower seed, pumpkin seed, and extra-virgin olive oils. It is an excellent way to return EFAs 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.

### A BALANCED BLEND

There are only two EFAs—alpha linolenic acid (an omega-3 fatty acid) and linoleic acid (an omega-6 fatty acid). Alpha-linolenic acid and linoleic acid are essential precursors in the biosynthesis of prostaglandins, which have a wide variety of actions in a variety of cells, each giving rise to a different class of these important compounds.

The balance of omega-3 to omega-6 EFAs is critical to maintaining optimal prostaglandin biosynthesis.<sup>1-3</sup> An imbalance of these EFAs could have negative effects on health, but a proper balance, in turn, can help support health. 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.<sup>4</sup> Each 10-mL serving contains the following:

<b>Omega-3</b> (α-linolenic acid)	<b>4.3 g</b>
<b>Omega-6</b> (linoleic acid)	<b>1.4 g</b>
<b>Omega-9</b> (oleic acid)	<b>2.7 g</b>

### MAJOR FACTORS FOR HEART HEALTH

EFAs are especially important to cardiovascular health. They may help you retain normal blood pressure and healthy levels of triglycerides and serum cholesterol.<sup>5,6</sup> EFAs are incorporated into the membrane of every cell. They also help to maintain the membrane in a soft, fluid, flexible state. These flexible membranes incorporate cholesterol to regain structural rigidity, a process that also helps to retain healthy serum cholesterol levels, provided they are healthy to begin with.<sup>2,4,7-9</sup>

### ANTIOXIDANT SUPPORT

To preserve freshness and aid in the defence against oxidation, OPTOMEGA is stabilized with a potent blend of antioxidants, rosemary extract, turmeric extract, and phenols from extra-virgin olive oil.

### WHY OPTOMEGA?

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. To preserve the omega-3 fatty acids, OPTOMEGA is processed in an inert nitrogen atmosphere, with UV radiation and oxygen excluded. The oils are expeller-pressed and unrefined, and they contain no trans fatty acids. All blending, mixing, and bottling of the product is done under nitrogen. All of the oils used in OPTOMEGA are Certified Organic by the Washington State Department of Agriculture.

### References

1. Lands, WEM ed. Polyunsaturated Fatty Acids and Eicosanoids. Champaign: AOCS; 1987.
2. Erasmus U. Fats that heal, fats that kill. British Columbia: Alive Books; 1994.
3. Lees R, Karel M, Dekker: Basel, Switzerland; 1990.
4. Rudin D, Felix C. Omega 3 Oils. Garden City Park: Avery; 1996.
5. Djousse L, et al. Hypertension 2002;45(3):368-73.
6. Wijendran V, Hayes KC. Annu Rev Nutr 2004;24:597-615.
7. Programme and Abstracts from International Conference on Highly Unsaturated Fatty Acids in Nutrition. Barcelona; 1996.
8. Mead JF, Fulco AJ, Charles C, Thomas. Springfield; 1976.
9. Beare-Rogers J ed. Champaign; 1988.



**RECOMMENDED USE:** Provides long-chain omega-3 polyunsaturated fatty acids to help promote healthy cardiovascular function.

**RECOMMENDED DOSE:** Take 10 mL (2 teaspoons) daily with a meal. Do not heat. Do not shake.

**EMPLOI RECOMMANDÉ :** Fournir des acides gras à longue chaîne oméga-3 polyinsaturés pour favoriser une bonne fonction cardiovasculaire.

**DOSE RECOMMANDÉE :** Prendre 10 mL (2 c. à thé) tous les jours, en mangeant. Ne pas faire chauffer. Ne pas agiter.

### NUTRITION FACTS / VALEUR NUTRITIVE

Per 10 mL (2 tsp) / Par 10 mL (2 c. à thé)  
Servings Per Container / Portions par contenant 24

Amount / Teneur	% Daily Value / % valeur quotidienne
<b>Calories / Calories</b> 80 g	
<b>Fat / Lipides</b> 9 g	<b>14%</b>
Saturated / saturées 0.8 g	
+ Trans / trans 0 g	<b>4%</b>
Polysaturates / polyinsaturés 5.7 g	
omega-6 / oméga-6 1.4 g	
omega-3 / oméga-3 4.3 g	
Monounsaturates / monoinsaturés 2.7 g	
<b>Carbohydrate / Glucides</b> 0 mg	<b>0%</b>
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0%</b>
<b>Protein / Protéines</b> 0 g	
<b>Vitamin E / Vitamine E</b>	<b>15%</b>

Not a significant source of sodium, fibres, sugars, vitamin A, vitamin C, calcium or iron. / Source négligeable de sodium, fibres, sucres, vitamine A, vitamine C, calcium et fer.

Ingredients: Certified organic oil blend (flax seed oil, sunflower seed oil, pumpkin seed oil, extra-virgin olive oil), mixed tocopherols, rice bran oil extract, rosemary extract, curcumin extract. / Ingrédients : mélange d'huiles certifiées organiques (huiles de lin, de tournesol et de citrouille, huile d'olive extra-vierge), mélange de tocophérols, extraits d'huile de son de riz, de romarin et de curcumine.