



ITEM# 122

**Health Basics**

- Provides advanced and guaranteed levels of EPA and DHA, the two long-chain omega-3 fatty acids important for health\*
- Supports sound cardiovascular health and joint health\*
- Promotes healthy pregnancies and healthy babies\*

**BiOmega™ Difference**

- Each capsule delivers 100 IU of vitamin D, a nutrient often found inadequate in most diets
- Formulated with lemon oil to eliminate the fishy aftertaste associated with most fish oil supplements

**USANA DIFFERENCE**

- Effective • Safe • Science-based • Pharmaceutical Quality

No nutritional program is complete without a high-quality source of beneficial omega-3 fatty acids, which are lacking in the typical Western diet.<sup>1</sup> USANA's BiOmega™ supplement is produced from cold-water, deep-sea fish oil and contains a balanced, concentrated daily dose of two important omega-3 fatty acids: eicosapentanoic acid (EPA) and docosahexanoic acid (DHA) in two convenient capsules per day.

**HEALTHY FATS**

Omega-3 and omega-6 fatty acids are the biosynthetic precursors of a family of compounds called eicosanoids (prostaglandins, thromboxanes, and leukotrienes). These compounds are hormone-like substances that help retain normal health processes in our bodies. It is important to maintain an appropriate balance of omega-3 and omega-6 in the diet as these two substances work together to promote health.<sup>2</sup> Yet despite the clear health benefits associated with omega-3 fatty acids, dietary surveys indicate that most of us do not obtain enough omega-3 fatty acids from our diets.<sup>3\*</sup> In 2002, the American Heart Association issued new guidance on fish and fish oil consumption<sup>4</sup> because results of large-scale epidemiological studies and randomized controlled studies showed that omega-3 fatty acids in fish oil support cardiovascular health. In addition to the heart health benefits, studies have shown omega-3 fatty acids, in the form of fish oil supplements, to be effective in supporting healthy joints,<sup>5,6</sup> promoting optimal neural development and function, and maintaining good bone health.<sup>7-9</sup> Finally, DHA is also an important structural component of the retina and is, therefore, essential for eye development and growth.<sup>10\*</sup>

**EARLY CHILDHOOD DEVELOPMENT**

It is important that women of childbearing age who are pregnant or may become pregnant get proper nutrition to ensure the best possible development for their baby, including getting sufficient amounts of omega-3 fatty acids. DHA is one of the dominant fats in the nerve cells of fetal and infant brains, and research shows that omega-3 fatty acids are critical to the development of the brain before birth and during early childhood.<sup>11</sup> Many commercially prepared infant formulas are now fortified with DHA to support health and nervous system development.<sup>12\*</sup>

**VITAMIN D**

Most purification processes for fish oil remove any vitamin D from the product. Yet, experts now widely believe that a majority of people are not getting enough vitamin D, which has been shown to have many health benefits, such as supporting bone health<sup>13</sup> and healthy lung function.<sup>14</sup> BiOmega is fortified with vitamin D to supply an additional 200 IU per day.\*

**WHY BIOMEGA™?**

In spite of clear benefits of including fish in the diet, health authorities have warned us to limit our intake of certain species of fish due to concern about potential contaminants, especially during pregnancy. Manufactured in a state-of-the-art facility, USANA's BiOmega is virtually free of contaminants, which are eliminated through a double-molecular distillation process that ensures the highest possible purity. Through this process, heavy metals, PCBs, pesticides, and organic residues are effectively eliminated. Also free of trans-fatty acids, each capsule contains 2 mg of mixed natural tocopherols to minimize oxidation of the omega-3 fatty

acids and maintain product quality during storage. In short, BiOmega is one of the purest, highest quality fish oil products available on the market today.

Supplementation with BiOmega is an excellent way to ensure that your diet includes a concentrated balance of safe, healthful EPA and DHA in two convenient capsules per day. And with added lemon flavoring, there is no fishy aftertaste.

**References**

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5. Volker D, et al. J Rheumatol 2000;27(10):2343-6.
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7. Uauy R, et al. Lipids 2001;36(9):885-95.
8. Hogstrom M, et al. Am J Clin Nutr 2007;85(3):803-7.
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14. Black PN, et al. Chest. 2005;128(6):3792-8.

**DIRECTIONS:** TAKE TWO (2) CAPSULES DAILY, PREFERABLY WITH FOOD.

<b>Supplement Facts</b>		
Serving Size 2 Capsules		
	AMOUNT PER SERVING	%DV*
VITAMIN D3 (AS CHOLECALCIFEROL)	200 IU	50%
FISH OIL CONCENTRATE	2000 mg	†
TOTAL OMEGA-3 FATTY ACIDS	1200 mg	†
EPA (EICOSAPENTAENOIC ACID)	580 mg	†
DHA (DOCOSAHEXAENOIC ACID)	470 mg	†

† Percent Daily Value not established.

OTHER INGREDIENTS: GELATIN, GLYCERIN, LEMON OIL, PURIFIED WATER, SOYBEAN OIL.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

\* 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.