

# DAILY OMEGA-3

## FOOD COMPOUND VITAMIN

**Daily Omega-3** was created exclusively from pure cold-water fish, a whole food source of the essential omega-3 fatty acids Eicosapentaenoic Acid (EPA) and Decosahexaenoic Acid (DHA). Current research has shown that the omega-3 fatty acids EPA and DHA, which are abundant in cold-water fish, are effective in promoting heart health. Omega-3 fatty acids are also essential for the health of joints, skin, eyes, reproductive and nervous systems.

### ROLE OF OMEGA-3'S IN THE BODY

Omega-3 fatty acids are a group of lipid compounds essential to our health and well-being. The two most important Omega-3 fatty acids are Eicosapentaenoic acid (EPA) and Decosahexaenoic acid (DHA). The body needs EPA in order to produce the beneficial series 3- prostaglandins (PG3). PG3's are hormone-like substances that have beneficial effects on blood pressure, cholesterol and triglyceride levels, kidney function, inflammatory response, reproductive and immune functions<sup>1</sup>. DHA is required for the normal development and function of the brain, eyes, nervous and reproductive systems.

### OMEGA-3 HEALTH BENEFITS

It is well documented that cultures with a diet rich in fish oil have healthier cardiovascular systems. Due to the beneficial relationship between heart health and fish oil consumption, Omega-3 fatty acids have been intensively investigated for their direct influence on improving heart health. A recent study published in the *Journal of the American Medical Association*, showed that there was a clear relationship between dietary intake of fish rich in omega-3 fatty acids and improved heart health. Subsequent studies have validated the direct relationship between omega-3 rich diets and heart health.<sup>2</sup>

Fish oil has also been investigated for promoting joint health. A significant reduction in joint tenderness, morning stiffness and fatigue, coupled with an increase in grip strength, has been observed in patients taking fish oil capsules<sup>3</sup>. Many of these joint complaints are symptoms of joint inflammation. The reduction of common joint maladies associated with fish oil intake

can be attributed to omega-3 fatty acids positive role in modulating the body's inflammatory response. Fish oil appears to promote healthy joints without side effects. Researchers are continuing to investigate the benefit between fish oil consumption and joint health.

Current research has also indicated that omega-3 fatty acids have an important role in promoting brain development and function. In the brain, EPA and DHA have neurological functions that include helping to attract the oxygen needed for proper cognitive activity and function. Research has indicated that DHA in particular helps to improve memory and cognitive function. DHA supplementation is now recommended for pregnant or lactating women, as the research also validated DHA's essential role in the proper cognitive and vision development of a developing fetus and growing infants.

### WHY SUPPLEMENT?

Omega-3 fatty acids need to be consumed regularly, as the body cannot produce them efficiently and also has limited storage for them. The body does have the ability to produce DHA from Alpha-linolenic acid (ALA), another omega-3 fatty acid found in flaxseed and flaxseed oil. However, researchers have concluded that ALA is not a viable source of EPA and DHA and cannot replace fish and fish oils in the diet, due to poor rates of conversion<sup>4</sup>. Deficiencies in EPA and DHA may lead to many chronic health problems. Commercial processing of food has the omega-3 fatty acids from our diet. Cold-water fish such as salmon, tuna, mackerel, lake trout and sardines are other excellent sources of Omega-3. However, current research has indicated that the average diet does not include enough servings of cold-water fish to provide ample amounts of omega-3 fatty acids, particularly DHA and EPA lipid compounds. Since these two omega-3 fatty acids are essen-



# Supplement Facts

Serving Size 1 Softgel

| Amount per Serving                    | % Daily Value ▼ |
|---------------------------------------|-----------------|
| Total Fish Oil . . . . .              | 1000 mg **      |
| Containing these Omega-3 Fatty Acids: |                 |
| EPA (eicosapentaenoic acid) . . . . . | 180 mg **       |
| DHA (docosahexaenoic acid) . . . . .  | 120 mg **       |
| Total Omega-3 Fatty Acids . . . . .   | 300 mg **       |

PLUS - Vitamin E as a natural antioxidant

#### Other Ingredients:

Gelatin, Glycerin, Vitamin E (d-Alpha Tocopherol).

\* Food extract with potency up to 50 times their actual weight.

\*\*Daily Value not established.

tial to our well being and have been shown to have a direct role in promoting heart health, supplementation is recommended to maintain optimal health. Supportive studies have shown a total dose of 800 to 1,000 mg of omega-3 fatty acids per day to be a sufficient dosage to promote heart health.

If you experience one or more of the following health conditions, you may benefit from taking **Daily Omega-3** everyday:

- Fatigue
- Poor Circulation
- Mood Swings
- Poor memory
- Decline in health
- Decline in Reproductive Health or Fertility
- Dry skin and/or hair loss
- Decline in Immunity

**PURENESS GUARANTEED**



RightFoods™ **Daily Omega-3** is a whole food source of healthy-promoting omega-3 fatty acids. **Daily Omega-3** provides 1,000 mg of pure fish body oil sourced from cold Norwegian waters. For health maintenance, 1,000 mg is the recommended dosage. Higher dosages may be recommended by your health care professional. Each capsule provides the two key lipid compounds EPA and DHA in a balanced 3:2 ratio.

Unlike other fish oil supplements available, RightFoods™ uses only fish oil has not been chemically altered or esterified and has been tested to be FREE of dioxins, PCBs, mercury and other toxic heavy metals. Daily Omega-3 is also guaranteed not to contain any GMO's (Genetically Modified Organisms). The antioxidant compound, Vitamin E has been added to each capsule to prevent rancidity and maintain product freshness.

For optimal health, **Daily Omega-3** may be taken in conjunction with one of RightFoods™ Daily Food Compound Vitamins: Complete Life™, Women's Daily™, Men's Daily™, Women Over 40™, Senior's Daily™, One Daily™, Iron-Free One Daily™ and NewLife Prenatal™.

Please consult your health care professional if you are using blood thinners or anticipate surgery before taking Daily Omega-3. It is prudent to consult with your health care professional before supplementing your diet with any Omega-3 dietary supplement.

#### References

1. *Fats that Heal Fats that Kill*. Udo Erasmus. Alive Books, Ninth Edition. Copyright 1986.
2. Hu, Frank B, et al. *Journal of the American Medical Association*, Vol. 287, No. 14, April 10, 2002.
3. *Gale Encyclopedia of Alternative Medicine*. Gale Group, 2001.
4. Pawlosky, Robert J. Physiological compartmental analysis of alpha-linolenic acid metabolism in adult humans. *Journal of Lipid Research*, Vol. 42, August 2001, pp. 1257-65.

**All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.**  
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This product is not intended to diagnose, treat, cure, or prevent any disease.