Marine Omega
Fish oil extract high in omega-3 fatty acids

Product Format
Softgels, packaged in a child-proof twist-top bottle.

Size
120 softgels

Product Overview
Marine Omega is a dietary supplement that provides essential omega-3 fatty acids and krill oil rich in Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA). Both EPA and DHA are scientifically classified as nutrients supporting cardiovascular health, visual and brain functioning.

Fatty acids are dietary nutrients, important for general body function. Two specific key categories of fatty acids classified as essential for health are omega-6 and omega-3. Unlike other fatty acids that can be created in the body, omega-6 and omega-3 can only be obtained from your diet. Typically, foods that contain or are prepared with vegetable oils are rich in omega-6 fatty acids while the primary dietary source of omega-3 is fatty fish.

A healthy diet should include a balance of omega-6 and omega-3 fatty acids. Regrettably, too much fried, fatty foods consumption leads to increased levels of omega-6 fatty acids. As for the actual consumption of fish, the resulting fatty acid ratio is too grossly in favour of omega-6 fatty acids – as high as 30:1 by some estimates. Increasing dietary intake of omega-3 fatty acids while reducing omega-6 intake will help generate a balanced fatty acid ratio.

The scientific evidence supporting the health benefits of omega-3 fatty acids is well-recognised. More than 100,000 scientific studies have been published on the health benefits of fish and fish oil (Medline 1966-2004). From helping to balance the body’s natural fatty acids ratio to supporting brain and cardiovascular functions, the cause-and-effect relationship of omega-3 fatty acids has been widely proven in the scientific community.

Benefits of omega-3 fatty acids include supporting cardiovascular health, a normal brain functioning and vision. Among these functions, EPA and DHA act as building blocks to cell membranes of every cell in the body, including brain cells. Studies* show that DHA is important for maintaining optimal cognitive functioning throughout life.

Pharmanex™’s Marine Omega is a convenient and safe way to increase dietary intake of omega-3 fatty acids. The ultra pure fish oil in Marine Omega is extracted from fish harvested from pristine marine waters. Marine Omega is manufactured to the high standards of the Pharmanex® 6S Quality Process guaranteeing that each bottle meets all known purity standards for environmental pollutants and is compliant with relevant EU legislations and the GOED monographs with respect to harmful toxins, contaminants and heavy metals. Marine Omega also contains vitamin E to preserve product freshness by preventing oxidation.

In addition, Marine Omega also contains an important scientific discovery, namely krill oil. Krill is a small crustacean that possesses a highly interesting level of EPA and DHA in a unique phospholipid form that passes through the harsh digestive system with DHA intact. This unique krill source passes through the brain-blood barrier, making it a logically beneficial and bioavailable source not found in other fish oil products.

Krill oil also contains the carotenoid astaxanthin and a unique flavonoid – the first flavonoid to be extracted from a non-plant or algae source. Marine Omega is the first omega-3 product to contain the benefits of krill oil.
Marine Omega is conveniently formulated to provide an optimal level of 1,200 mg/day of ultra-pure omega-3 fatty acids with krill oil rich in EPA and DHA.


Target Audience

Marine Omega is for all individuals seeking omega-3 fatty acids supplementation.

Primary Benefits

- Provides an excellent source of EPA and DHA, it is high in omega-3 fatty acids.
- Helps to support your normal vision.
- EPA and DHA supports brain function.
- Supports a healthy cardiovascular system and contributes to the maintenance of normal concentrations of triglycerides.

Key Ingredients

Euphasia Superba (Neptune Krill Oil (NKO)) – offers a unique and natural combination of phospholipids with EPA and DHA, naturally-occurring astaxanthin, omega-3 and omega-9 (oleic) fatty acids. Krill oil offers a good ratio of omega-3, omega-6 at approximately 15:1 and also contains unique flavonoids and carotenoids. Most fish oil sources do not provide any phospholipids; however, krill oil naturally contains 40% phospholipids.

Unlike other krill oil products, NKO utilises a patented cold-extraction process that protects the most important ingredients – phospholipids and esterified astaxanthins – which are typically destroyed during normal processing. This ensures that the body can better utilise Marine Omega.

What Makes This Product Unique?

- First omega-3 with krill oil supplement blend on the market.
- Delivers EPA and DHA from two sources: ultra pure fish oil and krill oil.
- Contains unique krill oil that provides multiple benefits:
  - Provides highly bioactive EPA and DHA in a unique phospholipid form targeted for use in the brain and cell membranes throughout the body.
  - Contains the powerful carotenoid astaxanthin.
  - Contains a unique flavonoid, the first flavonoid extracted from non-plant or algae source.
  - High in phospholipids.
- Ultra-pure source of fresh fish oil meeting all known purity standards for environmental pollutants and compliant with relevant EU legislations and the GOED monographs with respect to harmful toxins, contaminants and heavy metals.

Usage

Take two (2) softgels twice daily with your morning and evening meals.

Warnings

Do not exceed the recommended daily dose. A food supplement should not be used as a substitute for a varied diet. Do not use if safety seal is broken, damaged or missing. Store in a cool, dry place. Keep out of reach of children. Consult a doctor before using this product if you are pregnant, lactating or under medical treatment. May contain fish.

Did You Know...

- Omega-3 fatty acids from a marine source are more desirable than from a plant source for two reasons: 1) most plant and vegetable oils offer limited amounts of omega-3 fatty acids (less than 1%), and 2) even the best plant sources (such as flaxseed oil) do not offer EPA and DHA, the specific omega-3 fatty acids with the most notable health benefits.
- Marine Omega delivers EPA and DHA from two sources: 1) ultra pure fish oil, and 2) krill oil, with EPA and DHA in a unique phospholipid structure.
- There is a growing concern over the rise of toxins and dioxins in many fish populations and under the strict Pharmanex® 6S Quality Guarantee for efficacy and safety, Pharmanex® sources fish and krill that meet all known purity standards for environmental pollutants and are compliant with relevant EU legislations and the GOED monographs with respect to harmful toxins, contaminants and heavy metals.
- Krill is the only known animal source to naturally contain flavonoids. All other flavonoids come from plants (no other animal source flavonoids have been discovered).

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**Complementary Products**

LifePak® or LifePak® Essentials Super A – as a foundation to your nutritional regime, Pharmanex® recommends that Marine Omega is combined with either LifePak® or LifePak® Essentials Super A. This foundation delivers high amounts of nutrients such as important antioxidants (like vitamin C, zinc, selenium, vitamin E) and phytonutrients, beta-carotene, alpha-lipoic acid and catechins, other important vitamins (A, D) and minerals (zinc, calcium, iron, etc.) that help to optimise a healthy skin and body.

**Frequently Asked Questions**

**What are the key ingredients in Marine Omega?**

Each daily dose of Marine Omega provides 200mg of NKO, an excellent source of EPA, DHA and phospholipids. Marine Omega also provides 4,400mg of marine lipid concentrate, containing 600mg EPA, 400mg DHA and 200mg other omega-3 fatty acids. In addition, natural vitamin E is added as an antioxidant.

**What are EPA and DHA?**

Both EPA and DHA are omega-3 fatty acids scientifically classified as nutrients essential for human nutrition. EPA and DHA are vital to the body because they are building blocks for other fatty acids needed by the body and many types of cells and tissues are comprised of these nutrients (for example, they are abundant in brain and retinal tissue).

**Why are omega-3 fatty acids important?**

Omega-6 and omega-3 fatty acids are two of the forty-nine essential nutrients. As essential nutrients, they cannot be synthesised by the body, but must be ingested directly in the form of foods or dietary supplements. These fatty acids are necessary for growth, skin and circulation. However, in Western society, the ratio of intake of omega-6 fatty acids, found in common plant oils, to the intake of omega-3 fatty acids, found in fish oil, is too high and can lead to the formation of excess arachidonic acid and potentially harmful eicosanoid products in the body. Science now supports the importance of reducing the intake of omega-6 fatty acids, such as linoleic acid and increasing the intake of omega-3 fatty acids in the diet of adults and newborns.

**What makes Marine Omega unique?**

Marine Omega has a high ratio of omega-3 to omega-6 polyunsaturated fatty acids and uses an ultra-pure source of fresh fish oil, meeting all known purity standards for environmental pollutants and compliant with relevant EU legislations and the GOED monographs.

**What is the source of omega-3 fatty acids in Marine Omega?**

Marine Omega provides the highest quality omega-3 fatty acids from fish and krill oil. The fish oil is derived from sardines, salmon, mackerel and anchovies. Krill oil is derived from Euphasiasuperba, which are small shrimp or prawn-like crustaceans.

**Is Marine Omega scientifically substantiated?**

Scientific studies** have shown that omega-3 fatty acids from fish help support cardiovascular health, brain and vision function.

**Is Marine Omega safe?**

Marine Omega is safe at the recommended dose. Under the strict Pharmanex® 6S Quality Guarantee for efficacy and safety, Pharmanex® sources fish and krill that meet all known purity standards for environmental pollutants and are compliant with relevant EU legislations and the GOED monographs. People taking anticoagulation drugs and people on any other prescription medication should consult a physician before taking this or any other dietary supplements. Discontinue use of this product two weeks prior to surgery.

**What is the difference between Marine Omega and Optimum Omega?**

Marine Omega includes krill oil for several additional benefits, including advanced EPA and DHA benefits targeting brain function. Marine Omega also has double the fish oil softgels per bottle compared to Optimum Omega.

**Can I get all of the omega-3 that I need in my diet alone?**

People who eat fish every day can get most of the omega-3 that they need. However, with the growing concern over dioxins and pollutants, many experts recommend limiting fish intake to once per week for certain types of fish. Supplementation with fish oil is a convenient way to add omega-3 fatty acids into the daily diet.

**The studies include but not limited to:**

Marine Omega


Key Scientific Studies

Nutritional tab

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Ingredients
Marine fish oil extract, Capsule (Gelatin, Glycerin, Water, Vanillin), lipid extract from the crustacean Antarctic Krill (Euphasia superba), Antioxidant (E306).