

# MARINEOMEGA®

## OMEGA-3 SUPPLEMENT WITH KRILL OIL\*



### POSITIONING STATEMENT

MarineOmega is a dietary supplement that provides essential omega-3 fatty acids from ultra-pure fish oil and krill oil for optimal health and wellness, including normal heart function, brain function, immune health, and joint health.

### CONCEPT

Fatty acids are dietary nutrients important for the healthy function of key structures and systems in the body. Two particularly important categories of fatty acids classified as essential for health are the omega-6 and omega-3 fatty acids. Unlike other fatty acids that can be created in the body, omega-6 and omega-3 fatty acids can only be obtained from the 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 fatty acids is fatty fish.

A healthy diet should include a balance of omega-6 and omega-3 fatty acids. Regrettably, many Western diets often include too many unhealthy fried, fatty foods while not including the frequent consumption of fish, leading to an unhealthy fatty acid ratio low in omega-3 fatty acids. Increasing dietary intake of omega-3 fatty acids while reducing omega-6 intake will help restore a healthy fatty acid ratio.

The scientific evidence supporting the health benefits of omega-3 fatty acids is immense. More than 100,000 scientific studies have been published on the health benefits of fish and fish oil. From helping to balance the body's natural anti-inflammatory response to supporting brain and cardiovascular functions, omega-3s have been widely proven in the scientific community.

Benefits of omega-3 fatty acids include boosting the body's immune response, supporting cardiovascular health, improving joint function and mobility, promoting healthy skin, and normalizing the body's natural anti-inflammatory response. 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 EPA and DHA support brain function and emotional wellness.\*

Nutritional scientists recommend increasing daily consumption of omega-3 fatty acids to restore a healthy balance of fatty acids in the body. However, fresh sources of fish are not always available to consumers. Additionally, there is a growing concern as to the high levels of toxins and heavy metals present in the fish populations from which the world's fish markets are supplied. Health professionals have even recommended that at-risk populations, such as women during pregnancy, should not consume certain types of fish.

Pharmanex's MarineOmega is a convenient and safe way to increase dietary intake of omega-3 fatty acids. The ultra-pure fish oil in MarineOmega is extracted from fish harvested from pristine marine waters. MarineOmega is manufactured to the high standards of the 6S Quality Process, guaranteeing that each bottle is free of harmful levels of toxins, contaminants, and heavy metals. MarineOmega also contains vitamin E to preserve product freshness by preventing oxidation.

MarineOmega also contains an important scientific discovery—krill oil. Krill is a small ocean-going crustacean that contains a high concentration of EPA and DHA in a unique phospholipid form that passes through the harsh digestive system with DHA intact. This unique krill

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source passes through the brain-blood-barrier with ease, making it a logically beneficial and bioavailable source not found in other fish oil products.

Krill oil also contains the antioxidant carotenoid astaxanthin and a unique flavonoid—the first flavonoid to be extracted from a non-plant or algae source that provides additional antioxidant benefits. MarineOmega® is the first omega-3 product to contain the benefits of krill oil.

MarineOmega is conveniently formulated to provide an optimal level of 1200 mg/day of ultra-pure omega-3 fatty acids with krill oil rich in EPA and DHA. It also includes vanilla-infused gel capsules for a pleasant aroma and minimal fishy flavor.

Used together, MarineOmega and LifePak® constitute a comprehensive anti-aging supplement program, providing optimal levels of essential micro and macronutrients necessary for longevity and wellness, but typically lacking in most diets. MarineOmega works synergistically with LifePak by enhancing nutrient bioavailability and absorption for maximum health benefit.\*

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## PRIMARY BENEFITS

- Provides an excellent source of EPA and DHA for optimal health\*
- Supports normal brain function and wellness\*
- Promotes cardiovascular health\*
- Promotes a healthy immune response\*
- Supports joint function and mobility\*
- Promotes skin health and beauty\*

## 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 antioxidant carotenoid astaxanthin
  - Contains a unique flavonoid—the first flavonoid extracted from non-plant or algae source
  - High in phospholipids important for forming and protecting nerve membranes\*
- Ultra-pure source of fresh fish oil tested free of harmful levels of toxins, pollutants, and heavy metals
- Includes vanilla-infused softgels for a pleasant aroma and minimal fishy flavor

## WHO SHOULD USE THIS PRODUCT?

MarineOmega is for all individuals seeking the anti-aging benefits of omega-3 fatty acids in optimal levels. Adults and children who do not consume five to six servings of fish each week, or who choose to avoid the risk of toxins and heavy metals common to fish, should take MarineOmega.

## 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-3s with the most notable health benefits.
- MarineOmega 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 that is of more direct benefit to brain cells.
- ALA is the most common omega-3 in the human diet, yet the human body can only convert a small percentage of it to EPA and DHA—the specific omega-3s with the most notable health benefits.
- There is growing concern over the rise of toxic build-up of PCBs, toxins, and dioxins in many fish populations, and health professionals have even recommended that at-risk populations, such as women during pregnancy, should not consume certain types of fish.
- Under the strict 6S Quality Process, Pharmanex sources fish and krill that are free of harmful levels of contaminants or heavy metals.
- Krill is the only known animal source to naturally contain flavonoids. All other flavonoids come from plants.
- The American Heart Association recommends eating at least two servings of fatty fish per week\*

## FREQUENTLY ASKED QUESTIONS

### What are the key ingredients in MarineOmega?

Each daily dose of MarineOmega provides 200 mg of krill oil, an excellent source of EPA and DHA in a unique phospholipid form. MarineOmega also provides 4400 mg of marine lipid concentrate, which contains 600 mg EPA, 400 mg DHA, and 200 mg other omega-3 fatty acids.

### What are EPA and DHA?

Both EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid) are omega-3 fatty acids scientifically classified as nutrients essential to 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

\*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.

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nutrients (for example, they are abundant in brain and retinal tissue).

## Is MarineOmega® scientifically substantiated?

Scientific studies have shown that omega-3 fatty acids from fish help support cardiovascular health, immune response, anti-inflammatory function, brain function, joint function and mobility, and healthy skin conditions. Studies have also shown that in recent years people are consuming foods that result in a higher intake of omega-6 fatty acids, and a lower intake of omega-3 fatty acids.\*

## Is MarineOmega safe?

MarineOmega is safe at the recommended dosages. Under the strict 6S Quality Process, Pharmanex sources fish and krill that are free of harmful levels of toxins, contaminants, or heavy metals.

## What is the difference between MarineOmega and Optimum Omega?

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

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

People whose healthy diets include frequent consumption of fish can get most of the omega-3s that they need. However, typical Western diets only include around 3.5 ounces of fish per week—half of what experts recommend. Supplementation with MarineOmega is a convenient and safe way to add omega-3 fatty acids into the daily diet.

## DIRECTIONS FOR USE

As a dietary supplement, take two (2) softgels with eight (8) ounces of liquid during your morning and evening meals. Store in a cool, dry place.

## WARNINGS

Keep out of reach of children. If you are pregnant or lactating, consult a physician before using this product. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Discontinue use of this product two weeks prior to surgery. **Contains shellfish (krill) and fish (anchovy, mackerel).**

## KEY SCIENTIFIC STUDIES

1. Sampalis F, et al. Evaluation of the effects of neptune krill oil on the management of premenstrual syndrome and dysmenorrhea. *Alternative Medicine Review*, 2003; Volume8, Number 2.
2. Parris M. Kidd, Ph.D. Krill Omega-3 Oil: Nutraceutical synergy on the cutting edge. *Total Health*, Volume 25, No.4.
3. Kris-Etherton PM, Harris WS, Appel LJ. American Heart Association Scientific Statement: Fish consumption, fish oil, omega-3 fatty acids, and cardiovascular disease. *Circulation*, 2002;106:2747–2757.
4. Nestel P, Shige H, Pomeroy S, Cehun M, Abbey M, Raederstorff D. The n-3 fatty acids eicosapentaenoic acid and docosahexaenoic acid increase systemic arterial compliance in humans. *Am J Clin Nutr*, 2002; 76:326–30.

## Supplement Facts

Serving Size 2 Softgels Servings Per Container 60

	Amount Per Serving	Daily Value
Total Calories	25	
Total Fat	2 g	3%*
Saturated Fat	0.5 g	3%*
Trans Fat	0 g	
Cholesterol	10 mg	3%
Marine Lipid Concentrate	2,200 mg	**
Omega-3 Fatty Acids:		
EPA	300 mg	**
DHA	200 mg	**
Other Omega-3 Fatty Acids	100 mg	**
Krill oil	100 mg	**

\*Percent Daily Values are based on a 2,000 Calorie Diet.

\*\*Daily Value not established

**OTHER INGREDIENTS:** Capsule (Gelatin, Glycerin, Purified Water, Caramel Color, Vanillin), Mixed Tocopherols (as antioxidant).

**CONTAINS shellfish, Krill.**

