Positioning Statement
Optimum Omega™ is a dietary supplement providing ultra-pure fish omega-3 fatty acids. Used daily as part of an essential nutritional supplement program, Optimum Omega™ provides important omega-3 macronutrients for optimal health and wellness.

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 created by the body, omega-6 and omega-3 fatty acids can only be obtained from our diet. Typically, foods that contain or are prepared with vegetables 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 fried, fatty foods that contain unhealthy levels of omega-6 fatty acids. Furthermore, many diets do not include the frequent consumption of fish leading to an unhealthy fatty acid ratio grossly in favor 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 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 (Medline 1966-2004). From helping to balance the body's natural immune response to supporting brain and cardiovascular functions, omega-3s have been widely proven in the scientific community.

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 (and farmed fish are lower in omega-3s). Additionally, there is a growing concern regarding 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® Optimum Omega™ is a convenient and safe way to increase dietary intake of omega-3 fatty acids. The pure fish oil in Optimum Omega™ is extracted from fish harvested from pristine marine waters. Under the strict Pharmanex® 6S Quality Guarantee for efficacy and safety, Pharmanex sources fish that are free of toxins, contaminantants, or heavy metals. Optimum Omega™ also contains vitamin E to preserve product freshness by preventing oxidation.

Primary Benefits
• Promotes cardiovascular health*
• Promotes a healthy immune response*
• Supports joint function and mobility*
• Provides natural vitamin E, a potent antioxidant

What Makes This Product Unique?
• Ultra-pure source of fresh fish oil tested free of toxins, pollutants, and heavy metals
• Omega-3 fatty acids from a marine source is more desirable than from a plant source for two reasons. One, most plant and vegetable oils offer only limited amounts of omega-3 fatty acids (less than 1%). And two, 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.

Who Should Use This Product?
Optimum Omega™ is recommended for anyone who would like to balance their essential fatty acid nutrition and who would like to add omega-3 fatty acids to their diet to promote healthy immune, heart, and joint function.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

www.pharmanex.com
Key Scientific Studies

Other Ingredients: Gelatin, Glycerine, Purified Water.

Directions for Use
As a dietary supplement, take two (2) softgels with eight (8) ounces of liquid with 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.