

MarineOmega

DIETARY SUPPLEMENT OMEGA-3 SUPPLEMENT WITH KRILL OIL



Positioning Statement

MarineOmega is a dietary supplement that provides essential omega-3 fatty acids and krill oil rich in EPA and DHA 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 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 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 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 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 normalising 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 (and farmed fish are lower in omega-3s). 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 Pharmanex® 6S Quality Process guaranteeing that each bottle is free of harmful toxins, contaminants, and heavy metals. MarineOmega also contains vitamin E to preserve product freshness by preventing oxidation.

Krill Oil

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 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

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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 in four vanilla-infused gel capsules. It also includes lemon oil for a pleasant aroma and minimal fishy flavour.

Used together, MarineOmega and LifePak® constitute the most comprehensive anti-ageing supplement program available 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.

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 innovative 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 toxins, pollutants, and heavy metals
- Includes vanilla infused soft gels and natural lemon oil for a pleasant aroma and minimal fishy flavour

Who Should Use This Product?

MarineOmega is for all individuals seeking the anti-ageing benefits of omega-3 fatty acids in optimal levels. Adults and children over 6 years of age 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.
- The omega-3 fatty acid content of four MarineOmega softgels is equivalent to 9 kg of common cooking oils. Common cooking oils contain primarily omega-6 fatty acids and little or no omega-3 fatty acids
- There is growing concern over the rise of toxic build-up of PCBs, toxins, and dioxins in many fish populations, and experts recommend pregnant women eat tuna and other similar fish only once a week
- Under the strict Pharmanex® 6S Quality Guarantee for efficacy and safety, Pharmanex sources fish and krill that are free of toxins, contaminants, or 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)
- The American Heart Association (AHA) recommends that everyone should increase their omega-3 intake

Frequently Asked Questions

What are the key ingredients in MarineOmega?

Each daily dose of MarineOmega provides 200 mg of Neptune Krill Oil,[™] an excellent source of EPA, DHA, and phospholipids. MarineOmega also provides 4000 mg of marine lipid concentrate, which contains 600 mg EPA, 400 mg DHA, and 200 mg other omega-3 fatty acids. In addition, 20 IU natural vitamin E in the form of mixed tocopherols is added as an antioxidant, and lemon and vanilla are used to impart a pleasant odour.

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

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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 Pharmanex® 6S Quality Guarantee for efficacy and safety, Pharmanex sources fish and krill that are free of toxins, contaminants, or heavy metals. People on high-dose aspirin therapy, people taking anti-coagulation 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 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 soft gels per bottle compared to Optimum Omega.

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

People who eat fish every day can get most of the omega-3s 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.

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 Two Softgels

Amount Per Serving		%Daily Value*
Total Calories	20	
Calories From Fat	20	
Total Fat	2g	3%
Saturated Fat	0.5 g	2%
Cholesterol	0 mg	0%
Vitamin E (as Natural Mixed Tocophenols)	10 IU	34%
Marine Lipid Concentrate	2,200 mg	**
Omega-3 Fatty Acids:		
EPA	300 mg	**
DHA	200 mg	**
Other Omega-3 Fatty Acids	100 mg	**
NKO™ Krill Oil	100 mg	**

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

** Daily Value not established.

Other Ingredients: Gelatin, Glycerin, Purified Water, Natural Lemon Oil, Vanillin.

Directions for Use

Recommended adult's dosage:

Take one to two (1–2) softgels with 250 ml (1 glass) of liquid during your morning and evening meals. Store in a cool, dry place.

Recommended children's dosage:

Ages 12 and older = 2 Softgels per day.

Ages 6-11 years = 1 Softgels per day.

(Can be chewed to avoid a choking hazard).

Packaging

120 Softgels (30 - 60 day supply).

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.

