

Heart Healthy

SUPER mega-3 EPA/DHA

Fish Oil Blend with Sesame Lignans and a MORE Concentrated Olive Fruit Extract

A Comprehensive Essential Fatty Acid Formula

An abundance of scientific research substantiates the wide-ranging health benefits, including promoting a healthy heart, of **omega-3 fatty acids** in fish oil and **monounsaturated fatty acids-polyphenols** in olive fruit.¹⁻⁹

SUPER OMEGA-3 from Life Extension® uses a patented EPA/DHA extraction process that results in a pure, stable and easy-to-tolerate **fish oil extract**.

While most fish oil is distilled to decrease contaminants such as mercury and PCBs, the **Pure +™** fish oil used in **Super Omega-3** is produced with a patented method that purifies the oil with a highly advanced *distillation process* to reduce pollutants to virtually undetectable levels. The result is an improved **fish oil** that *exceeds* the standards set by international rating agencies.

Sesame Lignans Enhance Fish Oil's In Vivo Effects

Scientific studies show that when **sesame lignans** are supplemented with fish oil, the beneficial effects are augmented.¹⁰ **Sesame lignans** help guard against **lipid peroxidation**, thereby extending the stability of **DHA** in the body. These **lignans** also direct fatty acids toward pathways which can help with inflammatory reactions. **Super Omega-3** provides standardized **sesame lignans** to enhance the overall benefits of the improved EPA/DHA fish oil blend.

New Higher Potency Standardized Olive Fruit

To emulate a Mediterranean diet, **Super Omega-3** provides a standardized, more concentrated **olive fruit extract** to deliver the polyphenol **hydroxytyrosol**, a powerful antioxidant that protects normal **LDL** from oxidation and counters dangerous free radicals.¹¹⁻¹⁴ Research shows that a combination of olive oil and fish oil supplements helps with inflammation better than a placebo or fish oil alone.¹⁵ Therefore, **Super Omega-3** provides the equivalent polyphenol content of **6 ounces of Extra Virgin Olive Oil**.

Super Omega-3 also provides **tyrosol** and **oleuropein** polyphenols. Research shows the value of **oleuropein** in favorably altering gene expression, delaying senescence in specialized skin cells, and helping maintain normal platelet activation.

For those with a sensitive stomach, **Super Omega-3** is now also available with enteric coating.

Upgraded Formula!

Just four softgels of **SUPER OMEGA-3 EPA/DHA with Sesame Lignans & Olive Fruit Extract** provide:

EPA Pure+™ Extract	1400 mg
(eicosapentaenoic acid)	
DHA Pure+™ Extract	1000 mg
(docosahexaenoic acid)	
Olive Fruit Extract	600 mg
[standardized to 1.5% hydroxytyrosol (9 mg), 0.7% oleuropein (4.2 mg), 0.5% verbascoside (3 mg) and 0.23% tyrosol (1.4 mg)]	
Sesame seed lignan extract	20 mg

Supportive but not conclusive evidence shows that **consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.**



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Important note: If you are taking anticoagulant drugs, use this product only under the supervision of your physician. Blood tests that measure clotting can be used to ensure these nutrients are not reducing the clotting factors in your blood to abnormal levels.

Super Omega-3 is certified to contain no detectable levels of mercury, arsenic, lead, cadmium, and other toxic metals by the International Fish Oil Standards (IFOS™). This product meets or exceeds IFOS™ standards for PCBs, dioxins, and other contaminants, and thus has received its highest 5-star rating.

IFOS™ certification mark is a registered trademark of Nutrasource Diagnostics, Inc. These products have been tested to the quality and purity standards of the IFOS™ program conducted at Nutrasource Diagnostics, Inc.

References:

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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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