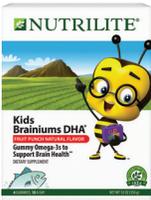


# Omegas at a Glance

	Package	Target Benefits	EPA (mg)	DHA (mg)	ALA (mg)	Omega Source	Suggested Use	Flavor	SKU
<p><b>NUTRILITE™ Balanced Health Omega</b></p> <ul style="list-style-type: none"> <li>• DHA<sup>1</sup> and EPA<sup>2</sup> equivalent to three 3.5-oz. servings of ocean fish.</li> <li>• DHA helps support memory, learning and concentration.<sup>†</sup></li> <li>• EPA helps protect nerves; keeps blood flowing and joints moving.<sup>†</sup></li> <li>• Contains omega-3 fish oils purified through a proprietary process.</li> </ul>		<p>Memory</p> <p>Focus</p> <p>Joint Health</p> <p>Heart Health</p>	150	150		Ocean Fish	3 Softgels Daily		A-8914
<p><b>NUTRILITE™ Heart Health Omega</b></p> <ul style="list-style-type: none"> <li>• Provides ideal 2:1 ratio of EPA and DHA.</li> <li>• Contains omega-3 fish oils purified through a proprietary process.</li> <li>• Helps support healthy blood flow and heart function.<sup>†</sup></li> </ul>		Cardiovascular Health	400	200		Ocean Fish	3 Softgels Daily		A-8919
<p><b>WELLSONA™ Brain Health Omega</b></p> <ul style="list-style-type: none"> <li>• Contains highly refined omega 3s from calamari, naturally high in DHA.</li> <li>• Eco-friendly marine source, certified sustainable by Friend of the Sea®.</li> <li>• Supports memory, learning and concentration.<sup>†</sup></li> </ul>		<p>Memory</p> <p>Learning</p> <p>Concentration</p>	50	500		Calamari	3 Softgels Daily	Lemon	11-0101
<p><b>NUTRILITE™ BRAINIUMS DHA™ Supplement</b></p> <ul style="list-style-type: none"> <li>• The first-of-its-kind DHA gummy.</li> <li>• DHA supports focus and concentration.<sup>†</sup></li> <li>• Great tasting gummies for kids, teens and adults.</li> <li>• Guaranteed purity and stability of fish oil.</li> <li>• No artificial colors, flavors or preservatives.</li> </ul>		<p>Focus</p> <p>Concentration</p> <p>Learning</p>		105		Ocean Fish	<p>Kids: 4 Gummies Daily</p> <p>Adults: 8 Gummies Daily</p>	<p>Fruit Punch</p> <p>Strawberry</p>	<p>10-4282</p> <p>11-2513</p>

<sup>1</sup>Docosahexaenoic acid.

<sup>2</sup>Eicosapentaenoic acid.

<sup>†</sup>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.

# Omega-3 Facts

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## Omega-3 fatty acids

EPA and DHA are two of the most important omega-3 fatty acids. Both EPA and DHA are essential nutrients, which means your body needs them for normal function, but can't produce them very efficiently. The best way to get these nutrients is to increase your fish consumption or take omega-3 supplements.

Omega-3 fatty acids are the building blocks of every living cell in the human body. They are absolutely necessary for normal health and development. Without them, cells can't function, renew or maintain themselves properly.

Omega 3s promote cardiovascular health, support a healthy memory and learning, and promote joint flexibility and mobility.

## DHA (Docosahexaenoic acid)

DHA is the most highly unsaturated omega-3 fatty acid found in nature. DHA is critical for developing and maintaining the brain and eyes.

DHA is an important building block of the brain, nerves and eyes. It is found in 40–50% of brain lipid material and 60% of retinal material.

DHA supports the brain, memory, learning and concentration.

## EPA (Eicosapentaenoic acid)

EPA helps in the synthesis of hormone-like substances called prostaglandins, with benefits for cardiovascular and joint health.

Supportive, but not conclusive, research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. FDA evaluated the data and determined that although there is scientific evidence supporting the claim, the evidence is not conclusive. One serving of Nutrilite™ Heart Health Omega provides 1.8 grams of EPA and DHA omega-3 fatty acids

EPA also plays a role in supporting joint health.

Your body uses omega-3 fatty acids, vitamins and minerals to form the outer walls of every cell. This healthy cell structure helps maintain normal metabolic functions. And since your body cannot produce EPA or synthesize it from food, you need to add it to your diet or take EPA supplements.

## ALA (Alpha-linolenic acid)

ALA is a short chain fatty acid. It is found in small amounts in animal flesh, in very small amounts in a variety of plant products and in relatively large amounts in soy, walnuts, canola oil, flaxseeds and their oils, hempseed oil, camelina oil and chia seed oil. The human body cannot make its own ALA – it must be obtained through diet.

ALA omega 3s are good for your cells and your skin. Your body also converts ALA to small amounts of EPA, another omega 3 that supports cardiovascular health.

# Omega-3 FAQs

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## **Is the source of the omega-3 fatty acids used in WELLSONA™ Brain Health Omega safe and sustainable?**

Yes. Oils from calamari, which tend to be naturally higher in DHA, are used. The Natural Resources Defense Council lists calamari as one of the types of seafood with the lowest levels of mercury, considered safe to consume with no restrictions. Friend of the Sea®, an organization that recognizes sustainable marine business practices, has certified calamari as an eco-preferred source for omega 3s.

## **Do I still have to eat fish if I am taking a NUTRILITE™ omega-3 supplement?**

It is always a good idea to eat whole foods rich in omega-3 fatty acids, and ocean fish is the best source. But if you don't eat ocean fish at least twice a week, Nutrilite™ omega-3 supplements can help you get the EPA and DHA that might be missing from your diet.

## **I take a multivitamin every day. Do I need an omega-3 supplement as well?**

Most multivitamins do not contain any omega-3 fatty acids. If your multi doesn't include omega 3s and you aren't eating a lot of fish weekly, you should consider adding an omega-3 supplement to your diet.

## **How do I know the oil in NUTRILITE™ products is free from PCBs or other contaminants that might be in the oceans?**

Nutrilite™ scientists voluntarily joined with 23 other international companies, under the guidance of the Council for Responsible Nutrition, to work on developing standards for ensuring a supply of consistent, high-quality, raw materials. Applying those standards, we source high-quality fish oils from ocean fish like anchovy, mackerel and sardines. A proprietary process is used to extract the omega 3s and purify them. Finally, the refined oil is tested for purity and stability.

## **Are there any adverse drug interactions with omega 3s?**

Omega 3s from fish oil (like those in Brainiums DHA™) have been shown to be safe if your total dietary daily intake, including food, does not exceed three grams. Daily intake of omega-3 dietary supplements should not exceed two grams. Generally speaking, if you have no difficulties eating ocean fish, supplementation with omega 3 from fish oil should present no adverse effects at levels of two grams or less.

Certain medications may interact with omega-3 fatty acids. These drug interactions include aspirin, anti-coagulants, Warfarin (coumadin) and other medications that alter blood coagulation. If you are taking any of these medications, please consult your physician before adding an omega-3 supplement to your diet. It is always important to tell your pharmacist or health care professional that you are taking any supplement, including those made from concentrated fish oil. And if you notice any changes in your physical health while taking the supplements, you should also contact your health care provider. This is especially important for children under 12 years of age, pregnant or nursing women or anyone with a medical condition.

