

# Arctic-Sea Super Omega-3

## Description and Purpose

Fatty acids are a vital set of nutrients required for a healthy body. These nutrients serve several functions, including the make-up of the majority of the protective membrane that surrounds every one of our cells. They are also used by the body as major building blocks for the creation of body fat, needed in appropriate amounts to cushion and protect our internal organs and keep us warm. However, not all fatty acids provide the same benefits. Scientific research has linked the consumption of saturated fatty acids, found predominantly in animal fat, with increased levels of cholesterol and a higher risk of heart attacks, while the unsaturated variety from vegetable oils do not have that effect.

Forever has formulated a superior nutritional supplement to take advantage of the latest research into this important area of nutrition. By combining omega-3 with omega-9 fatty acids, it provides a safe, balanced, mercury-free supplement that can favourably maintain healthy blood cholesterol and triglyceride levels. Arctic-Sea is a breakthrough in terms of a balanced supplement, using both vegetable and mercury-free pharmaceutical-grade fish oils to derive the benefit of each. Omega-3 is an essential polyunsaturated fatty acid found in salmon and other seafood. Omega-9 is the unsaturated fatty acid found in vegetable products like olive oil.

### At a glance...

- Omega-3 fatty acids help maintain a healthy heart
- Omega-3 and omega-9 fatty acids have a beneficial effect on cholesterol levels
- Supports concentration and learning in children



Each softgel has an EPA content of 225mg and 150mg each of DHA and oleic acid, all of which are lacking in most western diets. The benefits of EPA and DHA include supporting the circulatory system. They are needed for other functions, including the development and health of the eyes and brain, and can maintain healthier joint function.

## Ingredients

Natural fish oil, olive oil, gelatin, glycerin, purified water, and D-alpha tocopherol.

**Contains fish (salmon, anchovy, mackerel, sardines)**

225mg EPA (eicosapentaenoic acid)

150mg DHA (docosahexaenoic acid)

150mg Oleic Acid (from olive oil)

Vitamin E is added as an antioxidant

## Contents

60 softgel capsules.

## Suggested Use

1 softgel with meals 3 times daily.



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