

SuperOmega-3™

Purpose & Rationale

This is a marine source of the omega-3 fats, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are commonly low in Western diets in the amounts necessary to complement individual food intake to reach tissue levels consistent with those found in persons shown to better health and healthier aging properties than people with lower levels. Achieving these levels throughout the lifespan may help accomplish the goal of a longer “playspan,” or additional years of physical activity, performance, productivity and overall health, especially when combined with a daily multivitamin and mineral (MVM) formula, as opposed to typical age-related declines in health observed in the U.S. and other developed countries. Humans cannot synthesize omega-3 fatty acids (nor omega-6), making them essential nutrients that must be supplied by diet. Use of the SuperOmega-3 Fish Oils supplement compensates for the common shortage of marine omega-3 fish oils in a mercury-free, easy-to-ingest form for those who do not or cannot consume diets (e.g. specific oily fishes and certain plant foods) containing these essential health components.

Typical Use

- Anyone not consuming 2 servings or 8 oz. of fatty fish weekly; does not have allergies to fish; and is seeking to support cardiovascular, brain and eye health, unless medical reasons prevail as diagnosed by a qualified health professional.
- Take 1 soft gel with any meal. Increase only if supervised by a licensed health professional.

Unique Features

- Sourced from wild-caught Alaska pollock from the pure waters of Alaska’s Bering Sea. Delivers the desired fish oils in the recommended amounts of >500 mg/d with a 3:2 ratio of EPA to DHA.
- MSC-certified—AlaskOmega® omega-3 concentrates are certified sustainable and

traceable by the Marine Stewardship Council (MSC), the first omega-3 concentrate to achieve this distinction.

- NSF Certified for Sport—third party tested for purity, potency and absence contaminants.
- Superior manufacturing process produces the market leading “fresher oil,” which translates into better product stability, longer shelf life and no “fish burps.”¹⁰⁹
- Mercury-free and contains no PCBs.
- Organic Technologies, producer of AlaskOmega® omega-3 fish oil concentrates and natural oils, has among the industry’s lowest product specification limits for oil oxidation and environmental contaminants.¹¹⁰

Contraindications

Anyone taking greater than 3g per day should do so only under the care of their physician due to risk of excessive bleeding at higher doses.¹¹¹ This product should not be used if the individual is on anticoagulants or has uncontrolled hypertension unless approved by personal physician.^{112,113} More than 3g per day may raise blood sugar and LDL cholesterol in people with diabetes using continuous large dosages.^{111,114} In all cases, consult with a physician.

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 30

Amount Per Serving	% Daily Value*
Calories	10
Calories from Fat	10
Total Fat	1 g 2%**
Fish Oil - AlaskOmega®	1000mg **
EPA (Eicosapentaenoic acid) (360 mg)	
DHA (Docosahexaenoic acid) (240 mg)	

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.