

SFH OMEGA-3 NATURAL FISH OILS

“The dose you need with the taste you want.”™



WHAT IS OMEGA-3?

Omega-3 is an essential fatty acid that is vitally important to human health. Omega-3 is not manufactured by the body and must be obtained through food or supplements. The main Omega-3 fatty acids are called:

- Alpha-linolenic acid (ALA)
- Eicosapentaenoic Acid (EPA)
- Docosahexaenoic Acid (DHA)

The latter two have the greatest effect on the heart, skin, joints, and brain. High quality natural oils will contain an approximately equal mix of EPA and DHA. If the product contains significantly more of one fatty acid than another, it is an indication of chemical processing or concentration.

Studies have proven that high concentrations of fish oil can be used to dramatically reduce inflammation, resulting in weight loss, improved blood chemistry and better overall health. More clinical research has shown that fatty acids can help lower the risk of heart disease, cancer, MS, bipolar depression, ADHD, chronic pain and Alzheimer's - all because fish oils reduce inflammation.

WHY SFH OMEGA-3?

- All Natural - Never chemically processed or concentrated
- Liquid Form - to optimize absorption efficiently
- Independently tested - mercury free, no heavy metals, no toxins
- Formulated under GMP Guidelines, FDA register facility, FTC label compliant
- Contains the **correct potency** of liquid essential fatty acids per dose
- 50/50 free form fatty acids of EPA:DHA; 50% triglyceride form of EPA:DHA

JUST 1.3 TSPS = 3.5 GRAMS 1825 EPA / 1675 DHA

We prepare our oils in an oxygen-free environment and bottle in containers that block oxygen and light to maintain freshness. We add natural flavorings to give you more variety.

Five flavors to blow your mind: **LEMON, TANGERINE, VANILLA, CHOCOLATE, MINT**

WHICH FISH OIL IS RIGHT FOR ME?

	EPA:DHA oils (per tsp)	Total EPA:DHA	Relative Potency	# of tsp/day (@ 3500mg/day)	Flavors available	Cost per day (@3500 mg/day)	Cost per month
SFH SO3 Omega-3 Oil*	1630:1075	2705	.98	1.3 tsp	5	\$1.09	\$32.70
Nordic Ultimate Omega-3 Liquid**	1626:1126	2752	1.0	1.3 tsp	1	\$1.53	\$45.90
Nordic Naturals Omega - 3	825:550	1375	.5	2.5 tsp	1	\$1.33	\$39.90
Barleans Swirl	183:182	365	.13	9.6 tsp	2	\$2.80	\$84.00
Barleans Liquid	850:550	1400	.51	2.5 tsp	2	\$1.14	\$34.20
Carlsons Liquid	800:500	1300	.47	2.7 tsp	2	\$1.26	\$37.80

* Optimized for absorption containing 50:50 ratio of EPA and DHA as triglyceride form to free fatty acid.

** Minimum effective dose for health benefit; inflammatory conditions benefit by taking more omega 3 (large volume up to 2 tps/day).

*** All triglyceride form.

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