

OMEGA EPA/DHA PLUS

There are days when staying healthy and keeping at your top form seem difficult and complicated and it feels like the effort isn't worth it – there's your heart to worry about and your joints and your immune system and your bones and your memory and....you'll just be a day older tomorrow....



Remember what your Mom used to call “brain food”--- well, turns out she was right. But good fish are more than food for your thoughts, they feed every system and part of your body.



Think we're exaggerating? Let's check out the science....

The health benefits of eating salt-water fish are among the most-studied aspects of human health in the late 20th and early 21st centuries. No one food source has generated this much interest and excitement in decades. Most of the health benefits of eating fish are due to the protein and oils (“fish oils”) found in the meat of meaty salt-water fish.¹

Experts agree – eating meaty salt-water fish, or even just the special oils in these fish, lowers your chances of suffering from:

- your first heart attack²⁻⁵
- your second heart attack^{2,3,6-13}
- cardiovascular or heart disease^{2,6-8,14-16}
- asthma and bronchial constriction¹⁷⁻¹⁹
- cardiac arrhythmias that cause heart attacks^{1,2,6,7,11,15,20}
- cardiac arrhythmias that cause sudden death^{2,3,8,20,21}
- a high level of disease-triggering systemic inflammation^{6-8,11,17,22-28}
- stroke^{2,6,8,29}
- rapid pulse³⁰
- hypertension⁷
- high triglycerides^{7,11,35,36}
- joint aches and pains^{6,17,23,30,41-44}
- cataracts⁶
- pneumonia^{31,32}
- memory loss^{33,34}
- osteoporosis³⁷⁻⁴⁰
- impaired concentration³³



Can you eat yourself into better health? The experts say, “Duh!” Simply eat salt-water fish once or twice every day and in a few weeks you'll feel the boost it gives you.¹ And if you're pregnant or breastfeeding, ensuring you consume enough of the fish oils can

boost your baby's brain development⁴⁵⁻⁴⁷ and help your body maintain normal blood pressure regulation.⁴⁸

But – here it comes – there is a downside (as usual). First, it's not easy to eat so much fish. Most people prefer more variety in their meals and buying fresh healthy fish can require savvy in the market and preparing it in a tasty and palatable way, day after day, can challenge even the best cooks.

Then there's the heavy metals, especially organic toxins and mercury – man's gift to his planet's oceans and very toxic to the same body systems you want eating fish to benefit.



The US government, while recognizing the health benefits of salt-water fish, ironically warns against eating enough to actually realize those benefits.⁴⁹

This is the greatest dilemma in modern medicine – it's not safe to eat enough of the single most healthy class of foods known to man.

Your best alternative to risking heavy metal poisoning while enjoying better health – a high-quality pure dietary supplement free of heavy metals that provides large amounts of the 2 fish oils that are critical to happy longevity, **EPA** and **DHA**.

Daily consumption of a high-quality fish oil supplement allows you to benefit from Nature's generosity without suffering from man's folly.

Fish oils – a fish story with a happy ending

Omega EPA/DHA Plus

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