

# Tuna Omega-3 Oil

## Tuna Omega-3 Oil Delivers Two Vital Omega-3 Fatty Acids—Important Nutrients for People of All Ages

Did you ever hear of fish referred to as “brain food?” That’s because tuna, mackerel, salmon, and sardines contain two very important omega-3 fatty acids—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These two omega-3 fatty acids, consisting of long-carbon chains, are essential to brain development and function. EPA and DHA also provide support for many other areas of the body, including the circulatory and immune systems. In addition, fish oil supports the body’s natural anti-inflammatory functions, helping reduce stiffness and supporting healthy joint function.

Three of the reasons why dietary omega-3 supplements made from tuna oil can improve our nutritional status are:

- 1) American diets lack cold-water fish, which are rich sources of omega-3s. Our intake of omega-3s has reduced by about 50 percent over the past 50 years.
- 2) We eat far greater amounts of omega-6 fatty acids than we do omega-3s. Maintaining a balance of these essential fatty acids is important to support the body’s natural anti-inflammatory response.
- 3) Supportive but not conclusive research has shown that EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.†

## How Tuna Omega-3 Oil Keeps You Healthy

### Provides DHA to support optimal brain and visual health during pregnancy and lactation

Among other important nutrients, expecting mothers need plenty of DHA in their diets to ensure proper brain development for their babies. Growing babies take their nutrients, including DHA, from the mother’s blood in the placenta and umbilical cord. DHA is a major building block of the brain, especially before birth. It is also vital for the proper development and function of the eyes. Pregnant moms require more DHA to satisfy their own needs as well as those of their unborn children. And the need continues through the nursing cycle.†

### Provides DHA to help maintain memory function and support healthy emotional response and mood

DHA is crucial to brain efficiency at all stages of life. While DHA is used in the structure of our brains, it also works at the cellular level to encourage prompt and efficient message transfer in and out of the cells. DHA helps the cell membranes open and close properly, so that we can think, remember, maintain a more positive outlook, and meet life’s ups and downs with greater emotional stability.†

### Supports a healthy heart and healthy blood vessels

DHA and EPA help support healthy circulation, help maintain regular heart rhythm, and support blood vessel elasticity and healthy lipid levels.†



**Introduced in:** 2005

**Content:** 120 Perles

### Supplement Facts:

Serving Size: 2 perles  
Servings per Container: 60

		%DV
Calories	10	
Calories from Fat	10	
Total Fat	1.5 g	2%*
Tuna Oil	1,200 mg	†
DHA	300 mg	†
EPA	60 mg	†

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
†Daily value not established.

**Other Ingredients:** Gelatin, glycerin, water, carob, and mixed tocopherols (soy).

**Suggested Use:** Two perles twice per day with meals, or as directed.

**Special Information:** For patients with questionable vitamin B status, you may consider recommending Folic Acid B<sub>12</sub>.

Sold through health care professionals.



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## How Tuna Omega-3 Oil Keeps You Healthy (continued)

### Supports healthy inflammatory response and immune system function

DHA and EPA help strengthen cellular membranes and increase cellular permeability. These omega-3s play an important role in the production of prostaglandins, hormone-like substances that help modulate the body's natural inflammatory response.†

## What Makes Tuna Omega-3 Oil Unique

### Product Attributes

Supplies a safe and natural source of omega-3 essential fatty acids for nutritional support to people of all ages

- ▶ Derived from tuna fished in the South Pacific, an area low in contaminants
- ▶ Tested for PCBs, mercury, peroxides, and anisidine levels
- ▶ Provides a convenient way to increase omega-3 intake
- ▶ Helps balance our intake of omega-3s and omega-6s
- ▶ Provides a naturally occurring 5:1 ratio of DHA to EPA†

### Manufacturing and Quality Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- ▶ Batches are consistently tested for PCBs, mercury, peroxides, and anisidine levels
- ▶ Ensures consistent quality and safety

### Whole Food Philosophy

Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Tuna Omega-3 Oil.

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†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

