



# BIOMEGA III PLUS™

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USANA's BiOmega III Plus™ is produced from cold-water, deep-sea fish oil and contains a balanced, daily dose of two important omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in two convenient capsules per day.

- Offers purity—virtually free of harmful contaminants
- Contains natural lemon oil that reduces fishy aftertaste

## HEALTHY FATS

Omega-3 and omega-6 fatty acids are the biosynthetic precursors of a family of compounds called eicosanoids (prostaglandins, thromboxins, and leucotriens). These compounds are hormone-like substances that help retain normal health processes in our bodies. It is important to maintain an appropriate balance of omega-3 and omega-6 in the diet as these two substances work together to promote health.<sup>1</sup> Yet despite the clear health benefits associated with omega-3 fatty acids, dietary surveys indicate that most of us do not obtain enough omega-3 fatty acids from our diets.<sup>2\*</sup> In 2002, the American Heart Association issued new guidance on fish and fish oil consumption,<sup>3</sup> because results of large-scale epidemiological studies and randomised controlled studies showed that omega-3 fatty acids in fish oil support cardiovascular health.

## EARLY CHILDHOOD DEVELOPMENT

It is important that women of childbearing age who are pregnant or may become pregnant get proper nutrition to ensure the best possible development for their baby, including getting sufficient amounts of omega-3 fatty acids. DHA is one of the dominant fats in the nerve cells of fetal and infant brains, and research is beginning to suggest that omega-3 fatty acids are critical to the development of the brain before birth and during early childhood.<sup>4</sup> Most commercially prepared infant formulas are now fortified with DHA to support health and nervous system development.<sup>5\*</sup>

## VITAMIN D

Experts now widely believe that a majority of people are not getting enough vitamin D, which has been shown to have many health benefits, such as supporting bone health<sup>6</sup>.

### References

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3. Kris-Etherton PM, et al. Circulation 2002;106:2747-2757.
4. Helland IB, et al. Pediatrics 2003;111(1):e39-44.
5. Salem, Jr, N, et al. World Rev of Nut and Diet 1994;75:46-51.
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## WHY BIOMEGA III PLUS™?

In spite of clear benefits, health authorities have warned us to limit our intake of certain species of fish due to concern about potential contaminants. USANA's BiOmega III Plus™ is virtually free of contaminants, which are eliminated through a double-molecular distillation process that ensures purity. Through this process, heavy metals, PCBs, pesticides, and organic residues are effectively eliminated. Also free of trans-fatty acids, each capsule contains 2 mg of mixed natural tocopherols to minimise oxidation of the omega-3 fatty acids and maintain product quality during storage. In short, BiOmega III Plus™ is one of the purest, highest quality products available on the market today. Supplementation with BiOmega III Plus™ is an excellent way to ensure that your diet includes a concentrated balance of safe, healthful EPA and DHA in two convenient capsules per day. And with added natural lemon oil, it reduces fishy aftertaste.

# Frequently Asked Questions

**Q** How is the new BIOMEGA different?

**A** BIOMEGA now contains 100 IU of vitamin D per capsule. It also contains lemon oil to help reduce the fishy aftertaste that some people may find objectionable.

**Q** Why was vitamin D added to BIOMEGA?

**A** Vitamin D is found in certain foods and can be made in the body from exposure to sunlight. Varying amounts of sun exposure, the regular use of sun block, and dietary choices all influence vitamin D levels. Experts now widely believe that most people are not getting enough vitamin D, which has been shown to have many health benefits. In addition, it is not found naturally in significant amounts in fish oil or fish oil products. Both omega 3 fatty acids and vitamin D are essential to the diet and fish oil is an ideal delivery medium for vitamin D, because the latter is fat soluble.

**Q** IS BIOMEGA free from heavy metals and other contaminants?

**A** BIOMEGA provides essential fats from ultra purified fish oil. This purification process, called high vacuum molecular distillation, removes heavy metals, organic contaminants, and pesticides. And it is distilled twice for even greater purity. BIOMEGA is also free of trans-fatty acids.

**Q** What is the source of fish in the BIOMEGA?

**A** USANA's BIOMEGA is made from deep-sea cold water fish that could include salmon, tuna, herring, mackerel and/or anchovies.

**Q** Can children take BIOMEGA?

**A** Like most of USANA's Optimisers, BIOMEGA is generally not recommended for children under the age of 18. It is important to realise that children have different nutritional needs than adults. And while these products may be useful for children under certain circumstances, the recommendation for use should come from a physician or other healthcare provider. In addition, the BIOMEGA gel caps are quite large making them difficult for many children to swallow.

**Q** Can I take BIOMEGA during pregnancy?

**A** Research has shown that essential fatty acids are important for the developing baby, and many women simply don't get enough. During pregnancy, including omega-3 fatty acids in your diet is important for your baby's normal brain, eye and vision development, especially during the last trimester. Therefore, it may be beneficial to supplement with BIOMEGA during pregnancy.

**Q** What are Omega-3 Fatty Acids?

**A** Our bodies can produce most fatty acids from the food that we eat. However, there are two fatty acids, called essential fatty acids that we cannot produce and must be obtained from dietary sources. These two acids are Linoleic Acid (LA) an omega-6 fatty acid, and alpha-linolenic acid (ALA), an omega-3 fatty acid.

ALA, EPA and DHA are the main members of the omega-3 family of fatty acids. ALA is the starting material for the biosynthesis of EPA and DHA, two important polyunsaturated fatty acids found in fish. These fats are also converted in our bodies into compounds and hormone-like substances that influence a large number of metabolic processes.

DHA is an important fat in the nerve cells of fetal and infant brains. DHA is also an important structural component of the retina and is therefore essential for eye development and growth. Some health authorities have even recommended fortifying commercially prepared infant formulas with DHA to support health and nervous system development.



**Q** Can I take BIOMEGA if I have an allergy to fish?

**A** If you have an allergy to fatty fish such as salmon, it would be best to avoid the BIOMEGA. However, if your allergy is specifically to shellfish (shrimp, crab or lobster), the BIOMEGA should not be a problem since it does not contain shellfish.

**Q** Does the new BIOMEGA still contain the high concentration of DHA and EPA as before?

**A** Yes, each capsule of BIOMEGA typically contains twice the amount of DHA and EPA, when compared to the previous formula of Biomega.

**Q** Does BIOMEGA contain trans-fat?

**A** No. BIOMEGA is free from trans-fatty acids. Moreover, each capsule contains 2 mg of mixed natural tocopherols to minimise the oxidation of the omega-3 fatty acids and maintain product quality during storage.

**Q** Why was Vitamin E (as mixed tocopherols) removed from the new BIOMEGA?

**A** A small amount of mixed tocopherols is generally used as a processing aid to stabilise the fish oil, and continues to be used in the new BIOMEGA. However, as this amount is insignificant in giving any health benefit, and USANA cannot guarantee the exact potency in every capsule, we have decided to remove it from the Active Ingredient listing.

**Q** Does BIOMEGA contain vitamin A?

**A** No, BIOMEGA does not contain vitamin A. Unless it is added by the manufacturer, only fish oil supplements made from the liver of the fish, such as cod liver oil, contain vitamin A.

**Q** Why does BIOMEGA contain lemon oil?

**A** Many people do not like the “fishy” after-taste that is often associated with fish oil supplements – and are particularly embarrassed by “burp back’s”. Natural lemon oil practically eliminates this “fishy” problem, and may help encourage more people to take BIOMEGA, and increases the compliance rate of those who are on the supplement.

**Q** How do I eliminate the fishy aftertaste associated with fish oil supplements?

**A** The vast majority of individuals who take BIOMEGA do not have negative experiences with it. However, BIOMEGA now contains lemon oil to help reduce the fishy aftertaste that some people may find objectionable. We also recommend that you take BIOMEGA with a meal.