



# It's No Fish Tale...

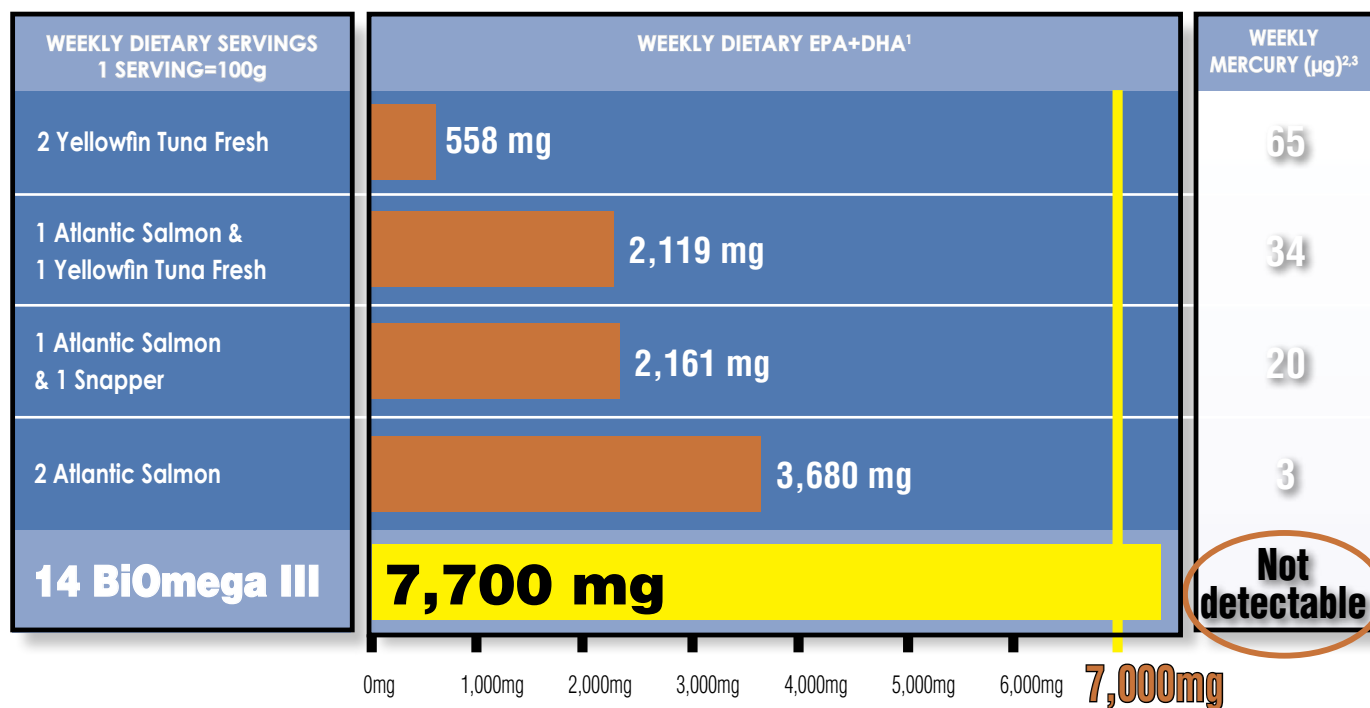
**BiOmega III provides essential nutrition in its purest form**



For good health, many experts suggest that adults consume at least 1 gram of omega-3 fatty acids daily, or 7 grams (7000 mg) total per week. As part of a healthy diet, fish is a great source of omega-3 fatty acids. Yet, due to concerns about mercury and other contaminants, NHMRC Dietary Guideline advise eating one to two fish meals per week, with a limit of 80-120 grams per serve of fish. This makes it difficult to get the recommended amount of omega-3s from diet alone. That's where the **BiOmega III** dietary supplement comes in. By taking **BiOmega III** as part of a balanced diet, you can be sure you are getting the right amount of pure omega-3s.

## A BETTER CHOICE FOR YOUR HEALTH

This chart illustrates how much mercury and EPA+DHA you would be getting if you ate two 100g servings of some common fish in one week.



Vitamin supplements should not replace a balanced diet. Use only as directed. Always read the label.

<sup>1</sup> From USDA database: <http://www.nal.usda.gov/fnic/foodcomp/search/> accessed 4/11/08

<sup>2</sup> From FDA database: <http://www.cfsan.fda.gov/~lrf/sea-mehg.html> accessed 4/11/08

<sup>3</sup> The safe level of mercury determined by the EPA is 0.1 micrograms per kilogram of body weight per day: [http://www.ama-assn.org/ama/pub/category/15842.html#human\\_health\\_effects](http://www.ama-assn.org/ama/pub/category/15842.html#human_health_effects) accessed 4/11/08