

# TAKE THIS

BY *Lianne*

## OMEGA BOOST

***Nourish during pregnancy, childhood and adulthood.  
Feed your memory, focus, and concentration.***

**OMEGA BOOST** contains both EPA and DHA from fish oils giving a high value of absorbable Omega-3 fatty acids. Both of these components of omega-3 are known to protect against a range of illnesses, including inflammation, cardiovascular disease, high blood pressure, diabetes, obesity, mood disorders and some forms of cancer.

All of our cells need EPA and DHA to hold water, vital nutrients and electrolytes for proper cellular communication. Accurate communication is key to disease prevention of virtually every chronic disease, especially cancer, diabetes, arthritis, and heart disease.



Fish oils play a large role in brain function and are associated with ADD/ADHD, depression and Alzheimer's disease. DHA is particularly important during pregnancy and the first years of a child's life. Studies suggest that people who eat large amounts of fatty fish oils may have lower rates of depression, suicidal tendencies, and violence. This is because omega-3 fatty acids are thought to affect serotonin levels, a neurotransmitter that helps to regulate and enhance mood.

## DOSAGE

**Dosage for adults (12+):** 2 soft gels a day, with food.

**Children age 3-12:** 1 soft gel every other day. Bite a hole in the soft gel and squeeze the oil into the mouth or chew soft gel.

**Children under 3:** 1 soft gel every 3 days. Bite a hole in the soft gel and squeeze the oil into the mouth.

**OMEGA BOOST** is free of pesticides, PCB's, dioxin, hexene (manufacturing solvent) and heavy metals including mercury and has a green and eco-friendly Three Phase Molecular Distillation Process.