

needed.[®]

This guide is intended as a helpful resource in talking to your health practitioner about the benefits of needed's Men's Omega-3+ (vegan) capsules.

Needed.[®] is a nutrition company on a mission to empower real nourishment throughout the preconception and perinatal journey, and beyond. We work directly with health practitioners and researchers to offer science-backed products and education. Learn more at thisisneeded.com. If you have questions, drop us a note at practitioners@thisisneeded.com.



Supplementing with Omega-3 (DHA + EPA), Choline, Lutein and Zeaxanthin both before conception and beyond supports fertility outcomes and the health of dad and baby for years to come.

Infertility affects approximately 15% of all couples, and of those, 40-50% stem from male factors.¹

- ✓ Blood levels of EPA and DHA are low or very low for men worldwide²
- ✓ Omega-3 supplementation results in higher antioxidant activity in human seminal fluid and enhanced sperm count, sperm motility, and sperm morphology.³
- ✓ It is estimated that only 10% of the US population is meeting Choline needs.⁴
- ✓ Men with a genetic mutation that inhibits Choline metabolism experience impaired sperm motility and infertility, suggesting Choline's importance in sperm health.⁵
- ✓ Choline metabolism is required for normal sperm morphology, energy homeostasis and motility patterns.⁶
- ✓ Average intake of Lutein and Zeaxanthin (1 to 3mg per day) is far less than the recommended 10mg of Lutein and 2mg of Zeaxanthin for adults⁷
- ✓ Intake of carotenoids like Lutein and Zeaxanthin are positively associated with sperm motility⁸

Omega-3 (DHA + EPA), Choline, Lutein, and Zeaxanthin work synergistically together⁹ to support:



fertility and sperm health (motility, morphology and count)



libido and overall vitality



brain function and mood



hair coverage and skin plumpness



eye and heart health

Needed's Omega-3+ (vegan) capsules are an optimal addition to your preconception and dad routine:

- ✓ Optimal nutrients forms and pairings:
 - Omega-3 (DHA + EPA) from algae
 - Choline as Choline Bitartrate in plant based beadlets for nutrient protection and absorption
 - Lutein and Zeaxanthin from marigold
- ✓ Sustainable, clean sourcing
- ✓ Bergamot-flavored for pleasant taking
- ✓ Expertly formulated in partnership with our collective of perinatal health practitioners and researchers
- ✓ Every batch is third-party tested

“The research around the cognitive benefits of these nutrients is so compelling. I am so excited to see them together in a single product.”

— HILLARY BENNETTS, POSTPARTUM NUTRITIONIST AND MAMA

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Per Serving (2 Capsules)		Per Day (4 Capsules)	
	Amount	% DV	Amount	% DV
Calories	15		25	
Total Fat	1.5 g	3%†	2.5 g	6%†
Choline (as VitaCholine™, VidaSpheres® Beadlet Technology)	100 mg	18%	200 mg	
Omega-3 Fatty Acids (from algal oil)	550 mg	**	1100 mg	**
DHA (docosahexaenoic acid)	400 mg	**	800 mg	**
EPA (eicosapentaenoic acid)	100 mg	**	200 mg	**
Lutein (from marigold)	10 mg	**	20 mg	**
Zeaxanthin (from marigold)	2 mg	**	4 mg	**

† Percent Daily Value (DV) based on a 2,000 calorie diet.

** Daily Value not established.

OTHER INGREDIENTS: Vegetable Capsule, Cellulose, Rosemary Extract, Mixed Tocopherols, Bergamot Oil, and Silica. VidaSpheres® is licensed exclusively by Nutracode, LLC. VitaCholine™ is a trademark of Balchem Corporation.

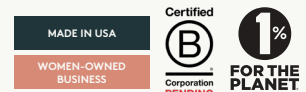
How to Use: Take two or four capsules alongside a meal. Four capsules are highly supportive if your nutrient levels are low or if you are really falling short in food consumption (fish for DHA + EPA, eggs and liver for Choline, eggs and 8+ servings per day of green leafy vegetables for Lutein and Zeaxanthin).

Our Products Work Best Together.

We designed our Omega-3+ (vegan) capsules to be taken with our Men's Multi and Men's Pre/Probiotic+. Together, these products optimally nourish a man both before conception and throughout the demanding dad years that follow.

Interested in sharing Needed?

We offer a Practitioner Partners referral program that rewards practitioners and their communities for prioritizing better nutrition. To learn more, visit thisneeded.com/pages/practitioner.



REFERENCES

¹ <https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC4691969/>

² <https://www.sciencedirect.com/science/article/pii/S0163782715300333>

³ <https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC3720081/>

⁴ https://journals.lww.com/nutritiontodayonline/Fulltext/2018/11000/Choline_The_Underconsumed_and_Underappreciated.4.aspx

⁵ <https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC3338626/>

⁶ <https://cdr.lib.unc.edu/concern/dissertations/pn89d679j>

⁷ Granado F, et al. (2007). Public Health Nutr. 10: 1018-1025; O'Neil M, et al. (2001). Br J Nutr. 85: 499-507; Lucarini M, et al. (2006). Int J Vitam Nutr Res. 76: 103-109; Amano R, et al. (2012). Seguranca Alimentar e Nutricional 19: 130-140; Hosatani K, et al. (2012). Ophthalmol. 115: 147-157.

⁸ <https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC3843991/>

⁹ Naberhuis JK, Lai CS. Enhanced delivery of lipophilic nutrients to the infant brain via high density lipoprotein. Med Hypotheses. 2015 Nov;85(5):680-5.; Treen M et al. Effect of docosahexaenoic acid on membrane fluidity and function in intact cultured Y-79 retinoblastoma cells. Arch Biochem Biophys. 1992 May 1.; Perrone, Serafina et al. "The Multiple Facets of Lutein: A Call for Further Investigation in the Perinatal Period." Oxidative medicine and cellular longevity vol. 2016 (2016): 5381540. doi:10.1155/2016/5381540;

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