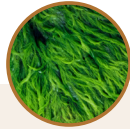




## CLEAN OMEGA D™

A potent formulation with life's®OMEGA, a clean, sustainably sourced EPA and DHA omega-3 from algae, and Vitashine™ vegan D3 to support overall health at every life stage. Consumption of DHA assists in the development of the brain and nervous system, eye health, heart health and healthy pregnancies, while Vitamin D3 supports immune and nervous system health, and assists healthy bone building.



life's®OMEGA  
*Schizochytrium* algal oil



Vitashine™ Vegan  
Vitamin D3

ACTIVE INGREDIENTS	PER CAPSULE	PER DAY
DHA/EPA rich <i>Schizochytrium</i> algal oil (life's®OMEGA)	963 mg	1926 mg
— Total Omega-3 content	550 mg	1100 mg
— Equivalent DHA	300 mg	600 mg
— Equivalent EPA	150 mg	300 mg
Colecalciferol (500 IU Vitashine™)	12.5 mcg (500IU)	25 mcg (1000IU)

life's®OMEGA is a trademark of DSM.  
Vitashine™ is a trademark of ESB Developments Ltd.

- ✓ Suitable for vegetarians and vegans
- ✓ 60 caps (1 to 2 months' supply)

### Who This Is For

Ora Clean Omega D™ is recommended for adults seeking help with:

- Systemic inflammation and pain
- Autoimmune conditions
- Prenatal and pregnancy care
- Immune system health
- Cognitive function
- Cardiovascular system health
- Healthy growth and development
- Bone mineralisation and health
- Preventing dietary deficiency of Omega-3 fatty acids

### Co-creating wellness™

Ora recommends a holistic approach in combination with Ora Clean Omega D™.

Try the following to enhance results:

- Daily movement and physical exercise
- Wholefood diet incorporating fatty acid-rich foods (green leafy vegetables, linseeds, chia seeds, walnuts)
- Avoid processed foods high in saturated fats
- Spend time outdoors
- Avoid BPA and single use plastics
- Use natural cleaning products

Combines well with:

- Ora Mag<sup>3</sup> Complete™
- Ora Bright Mind Complex™



### Traceable Ingredients

We take pride in selecting only the highest quality ingredients from all over the world and believe in being transparent about the ingredients we use. The active ingredients in Ora Clean Omega D™ are sourced from:

**life's®OMEGA *Schizochytrium* algal oil** – Comes from non-genetically modified algae and is produced from start to finish in an FDA-inspected facility with controls in place to ensure the highest quality, concentration and consistently reliable product. The process begins with the initial algae cell culture and results in highly purified DHA oil.

The microalgae are grown in fermentors that range in size from 80,000 to 260,000 liters. When grown, the microalgae is then harvested and processed to extract the clear, amber-colored oil rich in DHA.

**Vitashine™ D3** – Sustainably sourced from wild-crafted lichen and manufactured through a multistep process of extraction, purification and concentration in the UK. Vitashine™ is registered and certified by: The Vegan Society, Indian Vegetarian Mark, the Vegetarian Society and Non-GMO Project.

### Find Out More

**life's®OMEGA *Schizochytrium* algal oil** - is a unique, plant-based alternative to traditional fish oils. Fish are not actually able to produce EPA and DHA omega-3 themselves and can only get their omega-3 content by eating microalgae in the ocean. So while fish are recognised as a major source of omega-3s, algae is considered the primary source of these nutrients.

life's®OMEGA is made from non-GMO algae grown in a controlled environment, so its production is free from environmental and marine contaminants, and has zero impact on the marine ecosystem. It contains a minimum of 500 mg/d of EPA and DHA (with a combination of min 150 mg/d EPA and min 300 mg/d DHA), making it 85% more potent than omega-3 derived from standard fish oils.

## Find Out More (Cont)

In a study, 93 adults with high triglyceride levels were given 2.4 grams a day of life's®OMEGA, fish oil or a placebo. Researchers found that the group taking life's®OMEGA showed a significant 19% decrease in triglyceride levels as well as increases in healthy HDL cholesterol, concluding that life's®OMEGA is well tolerated and normalises cardiovascular lipid biomarkers in the same way standard fish oils perform, but without the fishy burps.

The only other plant-based sources of omega-3 such as green leafy vegetables, hemp, linseed and chia seeds contain the short-chain fatty acid called  $\alpha$ -Linolenic acid (ALA) and requires the conversion into docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Research suggests that only 2-10% of dietary ALA can be converted to EPA or DHA. Therefore, direct clean sources of EPA and DHA such as life's®OMEGA are required.

EPA and DHA are key structural components of cell membranes, affecting the permeability, flexibility and fluidity of cells. Both EPA and DHA play an immense role in the body, and they work in combination to promote health and wellbeing throughout all stages of life:

### Birth/Infants:

- Neurocognitive and psychomotor development
- Visual function
- Blood flow and blood vessel function
- Development and function of immune system

### Childhood/Adolescence:

- Required for significant period of growth
- Neurocognitive development

- Improves learning, attention and behaviour
- Reduce risk of allergy and respiratory tract infections

### Adulthood:

- Prevention of age-related inflammatory conditions
- Reduces risk of developing neurocognitive decline later in life
- Maintaining mental wellbeing
- Supports brain function and positive mood balance
- Supports recovery and performance during exercise
- Supports muscle mass
- Maintains cardiovascular health

### Senior Adults:

- Reduces vulnerability to age-related conditions
- Supports cognitive function & memory acquisition
- Optimises vision
- Maintenance of muscle mass
- Maintenance of cardiovascular health

**Colecalciferol (Vitamin D)** - Vitamin D has diverse biological effects by binding to the vitamin D receptors (VDRs) found in body cells of the hepatic, cardiovascular, muscular skeletal, digestive and nervous systems. The VDRs stimulates the nuclear transcription of various genes to alter cellular activity and alter the function of more tissues in the body. Vitamin D plays an important role in immune-modulation, calcium and phosphorus homeostasis, remodelling of bones, cell proliferation, differentiation and growth and regulation of parathyroid hormone gland. Vitamin D is considered a vital nutrient in the reduction of systemic inflammation and prevention of disease.

## How We Make It

We use the minimum amount of excipients during our manufacturing process.

Ora Clean Omega D™ contains the following added substances:

Sodium bicarbonate, purified water and glycerol – added to aid the manufacturing process, enhance final product stability and support efficacy of the product.

Additional substances related to the capsule and individual ingredients, not added during the product manufacturing process:

### life's®OMEGA *Schizochytrium* algal oil

Ascorbyl palmitate, rosemary oil (contains saffrole NMT 1 mg), sunflower oil, mixed (low-alpha type) tocopherols concentrate.

### Softgel Capsule excipients

Hydroxypropyl starch, carrageenan.

No added yeast, soy, added sugars, lactose, gluten, artificial colourings, dairy, or animal products.

## Indications For Use

We acknowledge and celebrate the empirical knowledge gained through the elegant use of herbs in Chinese and Western Herbal traditions and the evaluation of minerals and vitamins through robust human clinical research in contemporary science.

Ora Clean Omega D™ contains life's®OMEGA *Schizochytrium* algal oil to:

- Support cognitive function
- Maintain nervous system health
- Support cardiovascular health

- Support healthy growth and development
- Support healthy pregnancy

Ora Clean Omega D™ also includes Vitashine™ Vitamin D3 sourced from lichen to:

- Maintain immune system health
- Support muscle function
- Support nervous system health
- Support healthy bones and teeth

## Directions For Use

Take one to two capsules per day, or as recommended by your healthcare practitioner. Always read the label. Follow the directions for use. If symptoms persist, worsen, or change unexpectedly, talk to your healthcare professional.

**Pack size:** 60 vegan softgel capsules  
**Product Code:** CLEOME60-ORA

## Serving Size



Scan me to learn more about Clean Omega D™