

Balanced Omega provides a potent 1500 mg of omega-3 fatty acids (750 mg each of EPA and DHA per 2-softgel serving) in order to support an optimal body balance of these beneficial fatty acids. This formula also includes lipase, a digestive aid to ensure maximum absorption. Lipase helps to prevent any fishy aftertaste, known as 'repeat,' (a.k.a. "fishy burps") which sometimes occurs with fish oil supplements. This formula has a 75% concentration of EPA+DHA, which enables a faster body enrichment with these beneficial fatty acids. This concentration is much higher than that of most other fish oils commonly available, which allows it to impart its health benefits much faster. EPA and DHA each have unique beneficial characteristics for optimizing health. EPA often competes with DHA for absorption and incorporation into cell walls, thus a balanced ratio of EPA/DHA provides them with equal opportunity to impart their function and optimize the corresponding body contents. A balanced 1-to-1 ratio of EPA to DHA is similar to that found naturally in seafood.

The Story Behind Omega-3s

Omega-3 and omega-6 fatty acids are essential, which means the body cannot produce them; they must be obtained from foods or supplements. The standard American diet is very high in omega-6s but low in omega-3s as a result of industrialized farming practices and modern food processing technology. Correcting this imbalance through foods and supplements may be beneficial for the entire body. The omega-3s that come from marine animals (e.g., salmon, sardines, mackerel) are different from the plant forms (e.g., walnuts and flaxseed), in that many people cannot effectively convert the plant forms to the animal forms, which are the more potent and biologically active versions that the body needs in order to function optimally. Since most people do not consume cold-water fish regularly, supplementation may be desired for those concerned about any of the health issues listed below, and is also recommended for healthy individuals in order to maintain a good baseline balance of fatty acids.

Proper fatty acid ratios may help support*:

- Healthy joint function
- Healthy immune function
- Normal inflammatory response
- Skin and hair hydration
- Eye health/hydration
- Cardiovascular health
- Healthy moods and balanced emotions
- Healthy cell membranes
- Cognitive function, memory, and brain health

Omega-3 Fatty Acids

- Eicosapentaenoic Acid (EPA) – beneficial for supporting a healthy brain, balanced emotions, skin health, normal cholesterol levels, and a proper inflammatory response*
- Docosahexaenoic Acid (DHA) – supports proper brain development and function, visual acuity, maintenance of normal triglyceride levels and blood pressure, eye development and a healthy pregnancy for expectant mothers*

The omega-3 fatty acids in this product are derived from fish oils in their triglyceride (TG) form — the same way they naturally occur in fish. Most mass-marketed fish oil supplements come in the ethyl ester (EE) form. Compared to the TG form, the EE form is less expensive and more convenient to produce, but is not as readily recognized, digested and assimilated by the body. In order to receive the maximum benefits from omega-3 fish oil supplementation, it is critical that these fats are provided in the same form that they are found naturally in fish. It is only when consumed in this natural TG form that they are most easily digested and available for the body to use.

Purity

Balanced Omega also includes vitamin E isomers (as DeltaGold® tocotrienols), which protect these fragile oils from rancidity. Additionally, these fish oils are molecularly distilled and filtered to ensure purity and to maximize the removal of metals, pesticides, PCBs, and other contaminants.

Recommended Use:

Take two softgels per day with meals, or as directed by your health care practitioner.



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To contact Balanced Living Functional Medicine LLC please call 614-547-2829

Consult with your health-care practitioner about your specific circumstances and any questions you may have.

*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.