

# WILD OMEGA 3

Part of ESP Program\*



## Essentials

Essentials are the basic, core nutritional elements that form the foundation of our health and support the necessities and systems of the body in order for it to function.

## NOT YOUR AVERAGE OMEGA-3! EXCELLENT CARDIOVASCULAR & CHOLESTEROL CONTROLLING AGENT

### THE ENEREX ADVANTAGE

- > Anchovies, Mackerel & Sardines are the richest sources of Omega 3
- > From pure, pristine wild-caught Arctic fish, free of contaminants & heavy metals
- > Very high in EPA & DHA: yielding 18% Eicosapentaenoic Acid (EPA), 12% Docosahexaenoic Acid (DHA) & 3.6% Docosapentaenoic Acid (DPA)
- > Minimally-processed without extreme heat; cold-pressed immediately after harvesting
- > State of the art facilities exceed GMP guidelines, offer solvent-free extraction & molecular distillation
- > Third party tested and free of any heavy metals & pesticides
- > Omega oil extracted from skin of fish & not liver where most toxins accumulate

### EACH SOFTGEL CONTAINS:

#### Medicinal Ingredients:

Wild Fish Oil (Body oil from Sardine, Mackerel, Anchovy) . . . . .1000 mg  
[EPA (Eicosapentaenoic Acid) Omega 3 180 mg]  
[DHA (Docosahexaenoic Acid) Omega 3 120 mg]  
There are no other ingredients added to this formula.

**Directions:** As a source of the Omega 3 fatty acids, EPA and DHA, take 1 capsule 4 times daily with food or as directed by a health care practitioner.



Omega 3 fatty acids DHA & EPA found in fish are crucial for almost every area of the body. Enerex Wild Omega 3 contains a blend of

wild-caught Anchovy, Mackerel & Sardine oil in each 1000 mg softgel = 180 mg EPA & 120 mg DHA.

# WILD OMEGA 3

## BENEFITS

- > DHA and EPA contribute to enhanced moods/ reduced anxiety
- > Helps maintain vascular health, protects against tears in artery walls & blood clots
- > Helps reduce inflammation determined to be a cause of arthritis, arteriosclerosis, eczema & obesity
- > EPA & DHA linked to lower risk of heart disease; found to reduce high triglycerides by up to 35%, lower blood pressure & help oxygenate blood
- > Research: offers greater protection against certain types of strokes than aspirin
- > American Heart Association advises increasing EPA & DHA due to effects on heart rhythm & cardiac strength
- > Cholesterol management: helps balance cholesterol, increase HDL & reduce triglycerides; studies: more protective than cholesterol-lowering drugs
- > Cognitive care: DHA & EPA can improve memory recall, concentration, reasoning & support healthy aging brain, combatting neurodegenerative disease
- > Research: people with highest levels of DHA have 60% lower risk of Alzheimer's disease
- > Depression linked to lack of seafood intake; studies show fish oil better than medications for mental illness
- > Research: Fish oil aids children's attention, focus, learning & behaviour (ADHD)
- > Aids in immune function, nervous system & eye health
- > Helps to stabilize blood sugar levels
- > Reduces most pain: regulates inflammatory cycle & combats arachidonic acid; helps prevent & relieve pain from arthritis, prostatitis, cystitis
- > Beautifies skin "from inside out"; youth-enhancing abilities & reduces dermatitis, psoriasis
- > DPA (Docosapentaenoic acid) found in fish not thoroughly studied, but science suggests DPA has beneficial effects

### People in Canada and US take fish oil supplements more than multivitamins

(according to Consumerlab.com research). However, we still do not get enough. Eating oily fish twice per week or taking 1000 to 3000 mg of omega 3 fish oil supplements is recommended by many health & medical organizations including American Heart Association, Mayo Clinic, Brain Bio Centre & Rush Medical Center. It may be because we began by the sea millennia ago that fish are vital to human health. Even today, 75% of the world's population lives within 150 kilometres of ocean & over 1 billion people rely on fish as their primary protein.

**All DHA and EPA come from fish oil.** No vegetable oils (flax, coconut, borage) contain them. There are hundreds of fish species sourced, but some are much cleaner with less contamination and with higher EFA levels than others.

\*FOR INFORMATION ABOUT THE ENEREX SUPPLEMENT PROGRAM (ESP) PLEASE VISIT OUR WEBSITE.

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