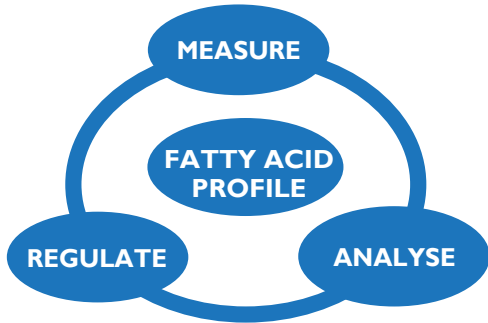


Fatty Acid Test

The San Omega-3 Total Fatty Acid Test easily and accurately measures your fatty acid profile. The test is done by an independent authorised lab, and includes the measuring of 26 fatty acids and provides a methodological, verifiable approach to the traditional question of “whether Omega-3 fatty acids really help”.

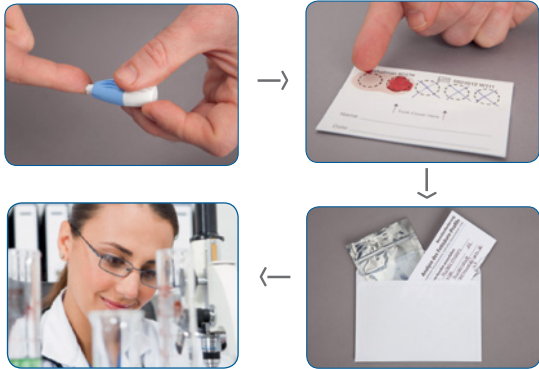


SIMPLE SELF-TEST AT HOME

Using a blood sample from your fingertip you can measure the fatty acid profile in your body. The test measures a total of 26 fatty acids and provides you with key ratios, such as:

- Omega-3 Index (=total Omega-3 fatty acids)
- Omega-6/3 ratio (=key marker for inflammation)
- Trans fat level

THE TEST-KIT

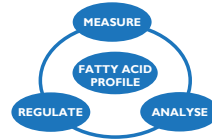


TEST RESULT

After approximately 10 days your results will be sent to you by email, or will be available online from:

www.sanomega.de

INDIVIDUAL ADJUSTMENT OF OMEGA-3 DEFICIT



Starting point:	Mrs. Smith	Mr. Smith
• Omega-3 Index:	5.6 % ●	3.9 % ●
• Omega-6/3 Ratio:	12:1 ●	17:1 ●

Regulation (4 Months):	1 large tablespoon per day* (ca. 10 ml)	2 large tablespoons per day (ca. 20 ml)
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Result:	Mrs. Smith	Mr. Smith
• Omega-3 Index:	11.5 % ●	8.8 % ●
• Omega-6/3 Ratio:	1.7:1 ●	2.6:1 ●

*Mixed in curd

SAN OMEGA-3 TOTAL OIL

- Natural fish oil from wild-caught fish in sustainable waters
- High dose of Omega-3 (8 ml = 2 g Omega-3 fatty acids)
- Great taste with natural lemon flavour
- Flavonoids from organically grown cold-pressed olive oil

NUTRITIONAL PROFILE

Content per daily dose	8 ml
Fish oil	5.3 g*
Olive oil	1.8 g*
- saturated fat	1.7 g*
- mono unsaturated fat	2.6 g*
- poly unsaturated	2.4 g*
- omega-3	2.0 g*
of which:	
EPA	1152 mg*
DPA	112 mg*
DHA	496 mg*
Vitamin D3:	25 µg/1000 IE**

* No recommendations for daily intake available

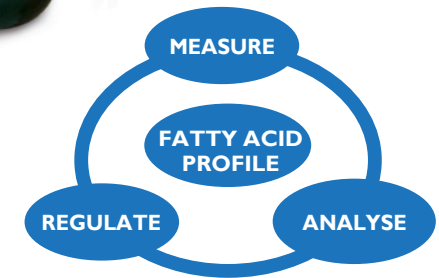
** 250% of daily recommended intake



Natural Fish oil from wild caught fish



- Natural fish oil from wild-caught fish in sustainable waters
- High dose of Omega-3 (1 tablespoon = 2g Omega-3 fatty acids)
- Great taste with natural lemon flavour
- Effect can be measured with fatty acid test
- Flavonoids from organically grown cold-pressed olive oil



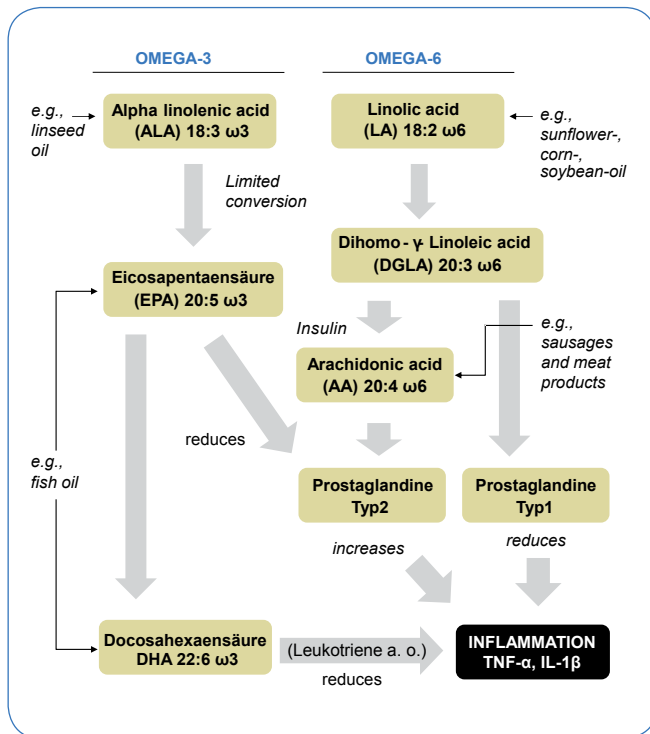
www.sanomega.com



Essential Omega-6 and Omega-3 fatty acids

Fats exist in the body in the form of triglycerides and are vital components of our cell membranes. Fats are categorised as saturated, mono- and polyunsaturated. The polyunsaturated omega-6 and omega-3 are essential, meaning that we need to obtain them through our diet. These essential fatty acids are responsible for hormone-like lipid compounds called prostaglandins, which regulate the inflammation process in our body.

Metabolism for Omega-3 and Omega-6 fatty acids



Silent inflammation and the Omega-6/3 Ratio

The Omega-6/3 Ratio is a measure of silent inflammation in our body. In the general population, the Omega-6/3 Ratio has been found to be between 15:1 and 25:1. The reason is an excessive consumption of Omega-6 fatty acids and/or a deficiency of Omega-3 fatty acids.

An Omega-6/3 Ratio between 1:1 and 3:1 is considered beneficial.



How to adjust your Omega-6/3 imbalance

1. Increase your Omega-3 through changes to your diet

Herring	2040 mg
Tuna	1380 mg
Salmon	750 mg
Mackerel	630 mg
Trout	140 mg
Cod	70 mg

* Content per 100 gram serving

In order to regulate an Omega-6/3 imbalance, a therapeutic dose of 2 g of Omega-3 (EPA + DHA) per day is typically required.

Of the vegetable oils, linseed contains a high percentage of omega-3 (56-71%). Nevertheless, linseed oil only contains one omega-3 fatty acid, the alpha-linolenic acid (ALA), and not the important marine omega-3 fatty acids, EPA and DHA. Blood value measurements show that linseed oil typically is not sufficient for an adequate increase of EPA and DHA.

2. Decrease your Omega-6

To help improve your Omega-6/3 ratio you can also reduce the amount of Omega-6 from plant oils:

Sunflower oil	64%	(% = Omega-6 content)
Corn oil	52%	
Soybean oil	51%	
Rapeseed oil	19%	

Since Soybean and other oils are widely used for animal feed you can improve your Omega-6/3 ratio by reducing your consumption of animal products (unless the animals are grass-fed).

3. Increase your Omega-3 through supplements

To achieve similar positive effects compared to eating fish, you should choose natural, non-concentrated fish oils like San Omega-3 Total oil, whose 100% natural oil content from wild-caught fish includes this all-important broad natural complex containing many different beneficial fatty acids.

