



Omega 3s have many proven benefits.

But there's a problem.

The only way you can get these nutrients is through the foods you eat and the supplements you take. And although there are a lot of Omega 3 products around, not all are created equal.



What does a good Omega 3 supplement look like?

Find out with this introduction to Omega 3s covering:

- What to look for
- What to avoid
- What makes us different

[Learn more](#)

The science behind Omega 3s

Keep up to date with some of the latest scientific studies around Omega 3s covering longer lifespan, osteoporosis and healthy aging.

[Learn more](#)



Love the Omega 3/QH Ultra...

I am a person always on the go. With Omega 3 QH Ultra, I feel energized and alert. I have tried many other brands of Omega 3 products. Each time I notice a huge difference. I have lower energy levels, and that shortness of breath comes back. I am sure there are other benefits I have not noticed, but feeling like I have more stamina is significant. I try not to run out of these because no other brand gives my body the same results!

Rosalind S, USA



Reduces Inflammation...

I've been using Omega 3 /QH Ultra for many years now. It is an amazing product with great anti-inflammatory properties. I ran out of it recently for about 3 weeks, and I immediately noticed an increase in inflammation in my body. I don't want to be without this product.

Christine A, USA



Omega 3 / QH Ultra

Boost your energy levels and support your cardiovascular health with Omega 3 fatty acid & bio-available CoQ10 ubiquinol.

[Learn more](#)

Omega 3 / DHA Premium

Nourish your skin from the inside out with Omega 3 fatty acid and a unique antioxidant blend of lycopene and astaxanthin.

[Learn more](#)



[Other Products](#)

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[Women's Health](#)

[Heart Health](#)

