



Commitment to Sustainability

The fish oil used in NHT Global's Omega-3 Essential Fatty Acids comes from sustainable sources that meet the strict certification standards of Friends of the Sea (FOS), an international organization dedicated to the conservation of marine habitats around the world.

Q & A

What are some signs we are not getting enough Omega-3s in our diet?

Some symptoms include fatigue, dry skin, weak nails and hair, constipation, depression, joint pain, poor concentration.

What are some common food sources of Omega-3?

Some food sources of Omega-3 include salmon, sardines, mackerel, grass-fed beef, flax seed, chia seeds, walnuts, natto, tuna, and grass-fed dairy.

How much Omega-3 do I need?

Major health organizations recommend daily amounts of Omega-3, but no universal standard has been established. The exact amounts vary from organization to organization. For example, the AHA (American Heart Association) recommends 2 servings of fatty fish per week for general health, 1000mg/day for patients with coronary heart disease, and 2000-4000 mg/day for patients with high triglycerides. The WHO recommends 250-500 mg/day of EPA+DHA. One serving of NHT Global's Omega-3 Essential Fatty acids exceeds the minimum daily recommended amounts to ensure you are reaping maximum health benefits.

What kinds of fish sources are used in Omega-3 Essential Fatty Acids?

The fish oil used in Omega-3 Essential Fatty acids is sourced from anchovies and sardines. It is shown that smaller fish, such as anchovies and sardines, are the best choice because they have less bio-accumulation of toxins than larger fish.

Who should take Omega-3 Essential Fatty Acids?

Omega-3 Essential Fatty Acids offer health benefits for people of all ages. NHT Global's Omega-3 Essential Fatty Acids is safe for both adults and children.



RECOMMENDED USE:

Adults: Take 2 soft gels daily, preferably 10 minutes before a meal.

Children 4+: One soft gel daily.



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NHTGlobal





WELLNESS


ESSENTIAL FATTY ACIDS Omega-3


We are often warned of the dangers of consuming a diet too high in fat, but not all fats are created equal. Omega-3 Essential Fatty acids are polyunsaturated fatty acids and essential components of cell membranes that are key to the function and health of the body. These “good fats” are essential because they NOT made by the body -- we must obtain these nutrients through food or supplements. Increasingly more studies and research continue to uncover the importance of Omega-3 Fatty acids to health.

Full Body Health Benefits

 **Cardiovascular health** - EPA and DHA Omega-3 fatty acids can lower elevated triglyceride levels and may reduce the risk of heart disease.

 **Brain Health** - Studies show that Omega-3s can improve cognitive function and are crucial for neurological development in fetuses.

 **Joint Health** - Studies show that Omega-3s can help alleviate symptoms of arthritis by reducing stiffness and joint pain.

 **Healthy Weight and Skin** - When used in combination with a healthy diet and exercise program, research has shown Omega-3 fatty acids to enhance the body's ability to address its fat metabolism and promote a healthy weight.

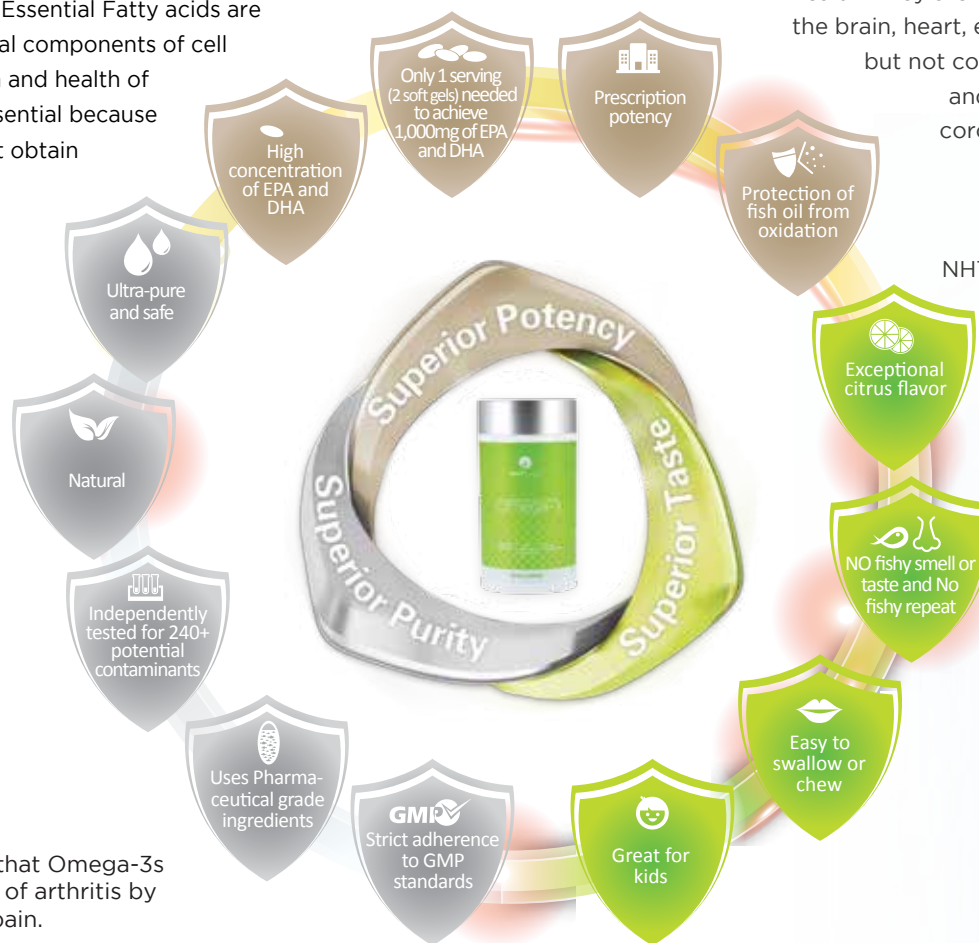
 **Vision and Ocular Health** - Omega-3s, especially DHA, have been found to help support the health of the macula and retina of the eye.

Omega-3 Superstars: EPA and DHA



are recognized as the two most important Omega-3s to health. They are key to optimal function of vital bodily systems like the brain, heart, eyes, and joints. According to the FDA, supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. The FDA recommends a daily intake of up to 2000 mg of Omega-3 fish oil from supplements.

NHT Global's Omega-3 Essential Fatty Acids is a high potency, ultra-pure Omega-3 Gourmet Marine Oil. Containing more than 1,000mg of Omega-3s per serving, it not only meets but exceeds the daily recommended values of Omega-3 as suggested by major health organizations and international experts. One dose delivers a solid 600mg of EPA and 400 mg of DHA



Key Ingredients

Highly refined and concentrated omega-3 fish oil, capsule (gelatin, glycerin and purified water), natural citrus flavors, proprietary antioxidant blend (consisting of rosemary extract, sunflower oil [seed], ascorbyl palmitate and natural tocopherols).

