

# Tuna Omega-3 Oil

## Delivers Two Vital Omega-3 Fatty Acids—Important Nutrients for People of All Ages

Did you ever hear of fish referred to as “brain food?” That’s because coldwater marine fish like tuna, mackerel, salmon, and sardines contain two very important omega-3 fatty acids—eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These two long-chain omega-3 fatty acids are essential to many functions in the body. They support brain development and function, the circulatory and immune systems, as well as the body’s natural anti-inflammatory functions which help to reduce stiffness and support healthy joint function. Additionally, supportive but not conclusive research has shown that EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.

Dietary omega-3 supplements can improve our nutritional status in a couple ways:

- ▶ **Make up for a recognized lack of dietary omega-3 sources**—American diets lack coldwater marine animals, which are rich sources of omega-3s.
- ▶ **Help to offset dietary imbalance**—We eat far greater amounts of omega-6 fatty acids than we do omega-3s. Maintaining a balance between these essential fatty acids seems to help support the body’s natural anti-inflammatory response.†

## How Tuna Omega-3 Oil Keeps You Healthy

### Supports brain and visual health during pregnancy and lactation

Among other important nutrients, expecting mothers need plenty of DHA in their diets to ensure proper brain development for their babies. Growing babies take their nutrients, including DHA, from the mother’s blood in the placenta and umbilical cord. DHA is a major building block of the brain, especially before birth, and is also vital for proper development and function of the eyes.†

### Helps maintain memory function and support healthy emotional response

DHA is crucial to brain efficiency at all stages of life. While DHA is used in the structure of our brains, it also works at the cellular level to encourage prompt and efficient message transfer in and out of the cells. DHA helps the cell membranes open and close properly, so that we can think, remember, maintain a more positive outlook, and meet life’s ups and downs with greater emotional stability.†

### Supports a healthy heart and healthy blood vessels

DHA and EPA help support healthy circulation, help maintain regular heart rhythm, and support blood vessel elasticity and healthy lipid levels.†



**Introduced in:** 2005

**Content:** 120 Perles

**Suggested Use:** Two perles twice per day with meals, or as directed.

### Supplement Facts:

Serving Size: 2 perles  
Servings per Container: 60

		%DV
Calories	10	
Calories from Fat	10	
Total Fat	1.5 g	2%*
Tuna Oil	1,200 mg	
DHA	300 mg	
EPA	60 mg	

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Other Ingredients:** Gelatin, glycerin, water, carob, and mixed tocopherols (soy).

**Special Information:** For patients with questionable vitamin B status, you may consider recommending Folic Acid B<sub>12</sub>.

**Supportive but not conclusive research has shown that EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease.**

Sold through health care professionals.

This product is part of our General Health Daily Fundamentals and Post-Purification Product Kits.

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## How Tuna Omega-3 Oil Keeps You Healthy (continued)

**Supports healthy inflammatory response and immune system function**  
DHA and EPA help strengthen cellular membranes and increase cellular permeability. These omega-3s play an important role in the production of prostaglandins, hormone-like substances that help modulate the body's natural inflammatory response.†

## What Makes Tuna Omega-3 Oil Unique

### Product Attributes

Supplies a safe, sustainable, and natural source of omega-3 essential fatty acids for nutritional support to people of all ages

- ▶ Third-party tested for contaminants (heavy metals and toxic agents)
- ▶ Provides a convenient way to increase omega-3 intake
- ▶ Helps balance our intake of essential fatty acids (omega-3s and omega-6s)
- ▶ Tuna is naturally high in DHA and provides a 5:1 ratio of DHA to EPA, similar to the ratio found in breast milk
- ▶ Tuna is sustainably harvested with dolphin-safe methods†

### Manufacturing and Quality Control Processes

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- ▶ Ensures consistent quality and safety
- ▶ Additional testing by a third party to ensure compliant levels of contaminants (tests include, but aren't limited to, assays for anisidine, lead, cadmium, arsenic, mercury, PCBs, and dioxins)

### Whole Food Philosophy

Our founder, Dr. Royal Lee challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. See the supplement facts for Tuna Omega-3 Oil.

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†These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

