

Calamari Omega-3 Liquid

A Tasty, Convenient, and Sustainable Way to Increase Omega-3 Essential Fatty Acid Intake for Both General Well-being and Targeted System Support

Omega-3 fatty acids are needed for good health. These essential nutrients are vital for cell interactions and affect a host of biochemical functions that support our well-being. Unfortunately, nationwide diet surveys suggest we aren't eating enough foods that contain omega-3s.

To address this need, Calamari Omega-3 Liquid is perfect for patients who want a safe, sustainable omega-3 supplement that can be taken alone or added to shakes, salad dressings, or other foods.

This oil comes from squid, a species commonly found in diets with a strong seafood element. Spain and Italy are two of the highest consumers of squid, along with Japan. These populations consume much higher amounts of foods containing omega-3s than are found in the typical American diet, and are considered to be heart healthy populations.

Calamari Omega-3 Liquid is a perfect way to supplement the diet—it is highly stable, contains the natural triglyceride profile found in squid, and is naturally high in DHA. And it's safe for daily consumption. Steps are taken to address potential contamination, but the natural structure and concentration of the oil are not altered.†

What Does Calamari Omega-3 Liquid Contain?

- ▶ Sustainably processed oil from calamari—the squid used for this oil are sourced from existing fisheries and their processing is certified sustainable by the independent non-profit group Friend of the Sea®
- ▶ An understated, clean-tasting natural citrus flavor
- ▶ A naturally high level of DHA, and 1.2 g of total EPA/DHA per serving

How Calamari Omega-3 Liquid Keeps You Healthy

Omega-3 fatty acids are strongly associated with good health in cultures across the world. They are polyunsaturated fatty acids that cannot be made by the body and must be obtained through diet.

Coldwater marine animals have naturally high concentrations of omega-3s, and the human body uses them to assemble cell membranes, support blood flow, and make chemical messengers called cytokines, just to name a few.

The two most studied omega-3 fatty acids are EPA and DHA. They're found throughout the body's tissues. DHA, in particular, is a major structural component of the developing retinal membranes, the nerves, and the brain.

Please copy for your patients



Introduced in: 2010

Content: 200 mL

Suggested Use: 1 teaspoon (5 mL) per day, or as directed.

Supplement Facts:

Serving Size: 1 teaspoon (5 mL)

Servings per Container: 40

		%DV
Calories	36	
Calories from Fat	32	
Total Fat	3.5 g	5%*
Saturated Fat	0.7 g	4%*
Polyunsaturated Fat	1.5 g	
Monounsaturated Fat	0.8 g	
Cholesterol	5 mg	<2%*
Total Carbohydrate	1 g	<2%*
DHA	800 mg	
EPA	400 mg	

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

Ingredients: Calamari oil (squid), natural flavor, and mixed tocopherols (soy).

Special Information: May be taken with meals. Refrigerate after opening.

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.

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.



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Calamari Omega-3 Liquid

How Calamari Omega-3 Liquid Keeps You Healthy (continued)

Calamari Omega-3 Liquid supports interrelated pathways that promote overall health, for example:

- ▶ Triglyceride management
- ▶ Cardiovascular health
- ▶ Circulatory health
- ▶ Healthy normal blood coagulation
- ▶ Immune system support
- ▶ Body's natural inflammatory response
- ▶ Cognition
- ▶ Emotional balance
- ▶ Antioxidant availability
- ▶ Support of mother and baby during pregnancy and lactation
- ▶ Skin, nail, and hair health†

What Makes Calamari Omega-3 Liquid Unique

Product Attributes

- ▶ Natural concentration of omega-3 fatty acids, including DHA and EPA
- ▶ Oil from calamari is naturally high in DHA
- ▶ Perfect for people who cannot or prefer not to swallow pills—especially children and the elderly
- ▶ Third-party tested for contaminants (heavy metals and toxic agents)
- ▶ Oil is certified sustainable by the independent, non-profit group Friend of the Sea
- ▶ Calamari Omega-3 Liquid has a clean, understated, citrus taste profile

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)

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

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 Calamari Omega-3 Liquid.

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