

Tuna Omega-3 Chewable

Tuna Omega-3 Chewable Delivers Two Essential Fatty Acids Plus Vitamins D and E to Support Healthy Growth and Development of Children's Brains, Eyes, and Bones

Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are two important omega-3 fatty acids that cannot be made by the body but can be obtained through a diet comprised of fatty fish like tuna, mackerel, and salmon. These essential fatty acids support the immune and circulatory systems. DHA is an especially critical nutrient for children as it supports their neurological development and proper development and functioning of the eyes. In addition to its essential fatty acids, Tuna Omega-3 Chewable also contains two important vitamins to support healthy growth and development—vitamins D and E. It is well recognized that children need vitamin D for strong bones and teeth, but research over the last decade shows that vitamin D plays a role in maintaining overall cellular health, supporting a healthy immune system, and healthy blood pressure levels. Vitamin E provides overall protection to cells against free radical damage.†

How Tuna Omega-3 Chewable Keeps You Healthy

Provides DHA to support children's brain and nervous system development and function and to promote a healthy emotional response and mood

The phospholipids in brain cells and neural tissue contain high amounts of DHA, making it a major building block of the brain and nervous system. DHA is essential for healthy neural tube development during pregnancy and for proper early childhood development. DHA promotes healthy neurotransmitter function and the development of neural processing connections. It also supports a sense of well-being and enhances learning and cognitive functioning.†

Promotes proper development and function of the eyes as children grow

The cell membranes of the retina contain high amounts of DHA and studies suggest that DHA plays an important role in retinal development and function.†

Provides an essential childhood nutrient, vitamin D, for strong bones and healthy joints

Tuna Omega-3 Chewable contains vitamin D, which is a vital nutrient for bone health in children. Vitamin D regulates calcium absorption and bone metabolism, which makes it essential for strong bones and teeth. Additionally, tuna oil supports the body's natural anti-inflammatory response functions, helping to reduce stiffness and maintain healthy joint function.†



Introduced in: 2008

Content: 120 Perles

Supplement Facts:

Serving Size: 2 perles

Servings per Container: 60

		%DV
Calories	10	
Calories from Fat	10	
Total Fat	1.5 g	2%*
Vitamin D	100 IU	25%
Vitamin E	5 IU	15%
Tuna Oil	1,000 mg	†
DHA	250 mg	†
EPA	50 mg	†

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

†Daily value not established.

Other Ingredients: Gelatin, glycerin, water, carob, natural flavor, mixed tocopherols (soy), and cholecalciferol.

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

Sold through health care professionals.

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

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How Tuna Omega-3 Chewable Keeps You Healthy (continued)

Supports a healthy heart and immune system

EPA supports healthy circulation, helps maintain regular heart rhythm, supports blood vessel elasticity, and promotes healthy lipids—all important in keeping the heart healthy. Supportive but not conclusive research has shown that EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. Vitamin D enhances the immune system at the cellular level via vitamin D receptors (VDRs), which are active in many immune cells in the body. Vitamin D also supports healthy blood pressure levels already within a normal range by its regulation of the blood pressure hormone renin in the kidneys.†

Promotes cellular health

DHA and EPA maintain cell membrane structure and promote cell membrane fluidity and permeability. Vitamin D is involved in the regulation of cell differentiation, proliferation, and apoptosis throughout the body. Vitamin E protects cells against free radical damage, provides support to cell membranes, and protects against lipid peroxidation.†

What Makes Tuna Omega-3 Chewable Unique

Product Attributes

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

- ▶ Chewable perle, with mild orange flavor, is perfect for children
- ▶ Derived from tuna harvested from the clean environment of the South Pacific
- ▶ Provides a convenient way to increase omega-3 intake
- ▶ Helps balance our intake of omega-3s and omega-6s
- ▶ Provides a naturally occurring 5:1 ratio of DHA to EPA†

Provides additional nutrients including vitamins D and E

- ▶ Vitamin D helps maintain healthy bones and joints and a strong immune system
- ▶ Vitamin E protects against free radical damage†

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

- ▶ Batches are consistently tested for contaminants (PCBs, mercury, peroxides, and anisidine levels) to ensure consistent quality and safety

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 Chewable.

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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.

