

# Omega Max

## Complete Essential Fatty Acid Formula



### DESCRIPTION

Omega Max provides a blend of oils derived from flaxseed, borage and deep fish sources. Both the flax and the borage seed oils are 100% cold, expeller pressed and hexane free. The fish oil is molecularly distilled and goes through extensive testing for heavy metals, PCBs, dioxins and other potential contaminants.

### FUNCTIONS

Essential fatty acids (EFAs) play a vital role in the biochemical and physiological processes in the body. For example, omega-3 fats such as alpha-linolenic acid (ALA), Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) are critical for supporting healthy cardiovascular and neurological function, as well as promoting a normal, healthy inflammatory response. Omega-6 fats such as gamma-linolenic acid (GLA) also provide many health benefits including supporting healthy skin and a healthy inflammatory response. Omega-9 fats such as oleic acid, typically found in high concentrations in olive oil, helps support healthy cardiovascular function. Unfortunately, the typical American diet is deficient in essential and other important fatty acids due to the consumption of heavily processed and refined foods. These foods are severely lacking in EFAs. Consuming a supplement of omega-3, 6 and 9 fats helps ensure you receive adequate amounts of these important nutrients.

### INDICATIONS

Omega Max may be a useful dietary supplement for those who aren't meeting their daily requirement of essential fatty acids or wish to increase their intake of the essential fatty acids.

### SUGGESTED USE

Adults take one (1) capsule, three (3) times daily with meals or as directed by a healthcare professional.

### SIDE EFFECTS

No adverse effects have been reported.

### FORMULA (WW #10118)

#### 1 Softgel Contains:

Vitamin E (as d-alpha tocopherol) .....	10 IU
Borage seed oil ( <i>Borago officinalis</i> ) .....	400 mg
Flax seed oil ( <i>Linum usitatissimum</i> ) .....	400 mg
Deep sea fish oil .....	400 mg
Alpha Linolenic Acid (ALA) .....	226 mg
Cis-linoleic Acid (LA) .....	210 mg
Docosahexaenoic acid (DHA) .....	82 mg
Eicosapentaenoic acid (EPA) .....	120 mg
Gamma-Linolenic Acid (GLA) .....	82 mg
Oleic Acid .....	152 mg

Other Ingredients: gelatin, glycerin, and water.

Our fish oil is molecularly distilled to remove PCBs dioxins and heavy metals such as lead and mercury. This process also reduces oxidation of the oil and helps keep it fresh and stable.

This product contains NO added sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

### STORAGE

REFRIGERATE AFTER OPENING. Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

- Lee Hooper et al. (2006). "Risks and benefits of omega 3 fats for mortality, cardiovascular disease, and cancer: systematic review". *BMJ* 332 (7544): 752-760.
- Morris, Martha C.; Sacks, Frank; Rosner, Bernard (1993). "Does fish oil lower blood pressure? A meta-analysis of controlled trials". *Circulation* 88 (2): 523-533
- Bucher HC, Hengstler P, Schindler C, Meier G. (2002). "n-3 polyunsaturated fatty acids in coronary heart disease: a meta-analysis of randomized controlled trials". *Am J Med* 112 (4): 298-304.
- Simopoulos, AP (September 2003). "Importance of the ratio of omega-6/omega-3 essential fatty acids: evolutionary aspects". *World Review of Nutrition and Dietetics. World Review of Nutrition and Dietetics* 92: 1-174.
- Flider, Frank J (May 2005). "GLA: Uses and New Sources". *INFORM* 16 (5): 279-282.
- Horrobin, David (January 1, 2000). "Essential fatty acid metabolism and its modification in atopic eczema". *American Journal of Clinical Nutrition* 71 (1): 367S-72S.
- Belch JJ, Hill A (2000). "Evening primrose oil and borage oil in rheumatologic conditions". *Am. J. Clin. Nutr.* 71 (1 Suppl): 352S-6S.

Manufactured For:

**HB Pharmacy**  
98 Ridge Road  
North Arlington, NJ 07031  
201-997-2010