

Fast Facts

Nature's OwnTM Omega 3 Fish Oil 1000mg

0593: 100 Capsules

0594: 200 Capsules

1520: 400 Capsules

Needs:

A product to assist with joint inflammation associated with arthritis

A product to help maintain healthy cholesterol levels in healthy individuals and healthy cardiovascular function
Quality Fish Oil supplements

Features:

Has anti-inflammatory property
Provides assistance to cardiovascular system
Clinically trialled dose
Routinely tested and complies with TGA requirements regarding heavy metal levels including mercury

Recommended adult dosage:

Take two capsules three times daily with food or as advised by your healthcare professional

Benefits:

Reduce joint inflammation associated with arthritis
A product that helps maintain healthy cholesterol levels in healthy individuals. It helps improve HDL cholesterol levels and lower total serum triglycerides in normal healthy subjects
Healthy cell membranes
Helps maintain a healthy cardiovascular system
Quality product available in various pack sizes offering customers great value

Did You Know That...

- Omega 3 and omega 6 fatty acids are essential for human life and they have to be supplemented or consumed in the diet as the body can't manufacture them
- The DHA in fish oil is important for the normal development and functioning of the retina and brain, particularly before birth
- Pregnant and lactating women may have an extra requirement for omega-3 essential fatty acids
- Fish oils provide important precursors of prostaglandins of the 3-series and leukotrienes of the 5-series. Omega 3 found in fish oil acts as an anti-inflammatory agent
- Inflammation is a localised protective reaction of tissue to irritation, injury or infection characterised by pain, redness,



swelling sometimes loss of function

- The fatty acids from fish oil are important structural components of the phospholipid membranes of cells throughout the body
- EPA and DHA are mainly in marine oils such as tuna, salmon, anchovy, sardine, mackerel and other cold water fish

Customer Profile:

- Customer wants something to assist with healthy cholesterol levels in healthy individuals
- Customer wants a product to assist with inflammation
- Customer may be pregnant wants to increase the intake of fish oil
- Customer wants assistance with maintenance of healthy cardiovascular function.

Complementary Companions:

- Nature's OwnTM Glucosamine sulfate complex 1000 (0597/0598) for joint support and repair of damaged cartilage
- Nature's OwnTM Hawthorn (0777) for cardiovascular health
- Nature's OwnTM Co-enzyme Q10 50mg (0534) for cardiovascular support
- Nature's OwnTM Natural NutritionTM Pregnancy Care Multi Vitamin (2314) for pregnancy nutrition
- Cholesterol medication

Contents:

Fish oil - natural	1000mg
Containing beneficial omega-3 marine triglycerides:	
Eicosapentaenoic acid (EPA)	180mg
Docosahexaenoic acid (DHA)	120mg

All Nature's OwnTM products are manufactured under pharmaceutical standards of Good Manufacturing Practice, with all product claims being validated to meet industry standards. It is the combination of modern research, traditional knowledge and state of the art technology that makes the Nature's OwnTM range a great way to put your health first, naturally.

If you have any questions our qualified health consultants are ready to help. Please call our Healthline toll free on 1800 777 889.

Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional.
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