

break
through
to the
real you



Bio-vitality.com

Client
Information

Omega Support (100 softgels)

Omega Support softgels supply a concentrated source of important omega-3, omega-6, and omega-9 fatty acids. A proper balance of omega-3 and omega-6 fatty acids is important to heart and immune system function. Omega-3 is too low in most diets. Some types of omega-6 are too high, while others are too low. Omega Support provides omega-3 plus selected active forms of omega-6 to help establish a healthier balance. Each softgel combines four nutritional oils as follows:

Pure, Molecularly Distilled Fish Oil: Highly purified fish oil is the primary ingredient in Omega Support. Fish oil supplies omega-3 eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) fatty acids. The fatty acids found in fish oil are important to proper immune function, regulation of inflammation, lipoprotein metabolism, brain function, and mood regulation. Heavy metals such as mercury and lead, cholesterol, PCB's, pesticides, and other impurities often found in fish and unrefined fish oil products are removed through molecular distillation. This concentrated oil contains higher amounts of EPA and DHA than typical fish oil supplements.

Organically-Grown Flax Seed Oil: Cold-pressing of organic flax seeds produces a high-quality flax oil concentrate rich in essential omega-3 alpha-linolenic acid. Alpha-linolenic acid is an essential fatty acid that supports skin and epithelial cell membrane integrity and balanced prostaglandin metabolism. Flax also provides essential omega-6 linoleic acid and oleic acid, an omega-9 fatty acid thought to be responsible for many of the health benefits of olive oil.

Unrefined Borage Oil: Pure, cold-pressed borage seed oil, a concentrated source of gamma-linolenic acid (GLA), helps offset the proinflammatory effects of arachidonic acid, an omega-6 fatty acid that is too high in most diets.

Conjugated Linoleic Acid (CLA) Oil: This omega-6 fatty acid adds unique benefits not found in most other mixed fatty acid supplements. It is similar in structure to linoleic acid but has different actions. CLA assists cholesterol metabolism, supports the immune system, and may help reduce body fat. CLA is derived from pure safflower oil.

Omega Support can be taken by anyone who wants to enhance their diet with a broad-spectrum fatty acid supplement. It may be especially helpful for individuals who do not regularly consume fish or who may poorly metabolize fatty acids consumed in their diet.

Suggested Use: 1 to 2 softgels daily with food.

Cautions and Contraindications: Each of the nutritional oils in this formulation are safe and well tolerated.

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel	% Daily Value	
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%†
Saturated Fat	0 g	0%†
Polyunsaturated Fat	1 g	*
Vitamin E (as mixed tocopherols) from soy	1 I.U.	3%
Marine Fish Oil Concentrate	550 mg	*
Supplying the following omega-3 fatty acids:	Compound Weight**	FFA Weight***
Eicosapentaenoic Acid (EPA)	165 mg	149 mg
Docosahexaenoic Acid (DHA)	110 mg	99 mg
Organic Hi-Lignan Flax Seed Oil	150 mg	*
Supplying approximately:		
Alpha Linolenic Acid	67 mg	*
Oleic Acid	22 mg	*
Linoleic Acid	22 mg	*
Borage Seed Oil	50 mg	*
Supplying approximately:		
Gamma Linolenic Acid (GLA)	10 mg	*
Linoleic Acid	22 mg	*
Conjugated Linoleic Acid (CLA) Oil (from safflower)	250 mg	*
Supplying approximately:		
Conjugated Linoleic Acid	175 mg	*

†Percent Daily Values are based on a 2,000 calorie diet.

*Daily Value not established.

Other ingredients: Gelatin, glycerin, water, and natural carob coloring.

**Amounts reported as weight of the fatty acid compound.

***Amounts reported as free fatty acid (FFA) equivalents by weight in accordance with voluntary CRN Monograph.

This information service is not intended to make any claims or provide medical advice. Please see our website for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY
Telephone Local Rate 0845 9000 107 or +44 (0) 1481 736669
admin@bio-vitality.com www.bio-vitality.com



-2-

Omega Support (continued)

Occasional gastrointestinal 'belching' with a 'fishy' odour aftertaste may be noticed by some. However, taking Omega Support with food will minimise or prevent this occurrence.

This product was made in a GMP and ISO 9001:2000 registered facility.

Last updated: Nov 2008