

# OmegaGize<sup>3</sup>™

PRODUCT INFORMATION PAGE



## Product Summary

OmegaGize<sup>3</sup>™ combines the power of three core daily supplements omega-3 fatty acids, vitamin D-3, and CoQ10 (*ubiquinone*). These supplements combine with our proprietary enhancement essential oil blend to create an omega-3, DHA-rich fish oil supplement that may support general wellness. Used daily these ingredients work synergistically to support normal brain, heart, eye, and joint health.

- Omega-3 fatty acids, DHA (docosahexaenoic acid), and EPA (eicosapentaenoic) have long been studied for their ability to assist natural immune response, cardiovascular functions, and normal brain function. The sourced omega-3 in OmegaGize<sup>3</sup> is one of the purest fish oils available and is rigorously and independently tested to ensure that it is free of environmental pollutants.
- CoQ10 is an oil-soluble, vitamin-like substance found naturally in all animal life. It plays a vital role in the normal function of the body's cells and is found in highest concentrations in the hard-working organs of the body—especially the heart, liver, and kidneys. As we age CoQ10 levels begin to decline, making it necessary to supplement. OmegaGize<sup>3</sup> utilizes bio-identical Kaneka Q10™ CoQ10, the highest quality CoQ10 in the world.
- Vitamin D-3 is a fat-soluble vitamin that may help maintain already normal circulation, mood, and improve the body's ability to absorb calcium.

These premium ingredients are infused with pure clove, German chamomile, and spearmint essential oils to support a healthy response to inflammation and to enhance formula stability and antioxidant protection. The ingredients found in OmegaGize<sup>3</sup> are protected from lipid oxidation and capsule hardening by an innovative liquid ocean capsule, which helps ensure that the

## Supplement Facts

Serving Size: 4 liquid ocean capsules  
Servings Per Container: 30

Amount Per Serving	%DV*
Calories	9
Calories from Fat	9
Total Fat	1 g 2%
Saturated Fat	<0.5 g 3%
Polyunsaturated Fat	1 g **
Monounsaturated Fat	<0.5 g **
Vitamin D (as Cholecalciferol)	950 IU 237%
Vitamin E (as Rice Bran Oil)	15 IU 50%
<b>Proprietary OmegaGize<sup>3</sup> Blend</b>	<b>1090 mg</b>
Gize <sup>3</sup> Fish Oil	**
Omega-3 Fatty Acids	**
Eicosapentaenoic acid (EPA)	135 mg **
Docosahexaenoic acid (DHA)	310 mg **
CoQ10 (Kaneka Q10™)(as ubiquinone)	40 mg **
<b>Essential Oil Enhancement Blend</b>	<b>156 mg</b>
Clove <sup>†</sup> ( <i>Syzygium aromaticum</i> ) flower bud oil	**
German Chamomile <sup>†</sup> ( <i>Matricaria recutita</i> ) flower oil	**
Spearmint <sup>†</sup> ( <i>Mentha Spicata</i> ) leaf oil	**
Mixed Carotenoids	**

\*Percent Daily Values (DV) are based on a 2000 calorie diet. \*\*Daily Value (DV) not established.

†100% pure essential oil  
Other Ingredients: Gelatin (tilapia), Silicon dioxide, purified water

contents remain potent and fresh. These vital nutrients support normal brain, heart, skin, eyes, and joint function, resulting in an incredible super supplement worthy of the Young Living name.

## Primary Benefits

- Supports cardiovascular and skeletal health
- Supports normal, healthy brain function
- Helps supply critical EPA and DHA nutrients
- Supports normal immune response and antioxidant levels
- Helps promote normal eye, skin, and joint health
- Helps promote emotional well-being
- Supports general wellness

## Who Should Take OmegaGize<sup>3</sup>?

- Anyone looking to maintain a normal level of well-being
- Individuals seeking mental clarity and focus
- Individuals looking for added support for normal cardiovascular function
- Individuals who desire smoother skin by improving its fullness and thickness
- Individuals who want to avoid DHA deficiencies and obtain the superior benefits derived from a comprehensive dose of a DHA/EPA supplement
- Individuals looking for additional joint support

## Suggested Use

- Dietary: Take 4 liquid ocean capsules daily, 2 in the morning and 2 in the evening for daily maintenance. Take 8 liquid ocean capsules for greater health benefits.
- For maximum benefit OmegaGize<sup>3</sup> should be taken consistently over time.

## Cautions

- If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use.
- Consult a pediatrician before giving to a child.

## Did You Know?

- Natural variances in the clove and German chamomile essential oils may cause soft gel color to vary slightly.
- Vitamin D is a fat-soluble vitamin that is essential for maintaining normal calcium metabolism.
- Vitamin D is known as the “feel-good vitamin” for its ability to improve mood.

- As we age, fat cells in our skin's subcutaneous fat layer thin out and tend to get bumpier; omega-3s help make that layer thicker and smooth.
- CoQ10 is a powerful, fat-soluble, vitamin-like substance found naturally in all forms of animal life.
- Both EPA and DHA are omega-3 fatty acids scientifically classified as nutrients essential to human health.
- Vitamins A, D, and E are fat-soluble vitamins that may help maintain a healthy skeletal system and support visual health.

## Complementary Products

- NingXia Red<sup>™</sup>
- True Source<sup>™</sup>
- Longevity<sup>™</sup>
- Balance Complete<sup>™</sup>

## Key Scientific Studies

- *Fish Oil. Monograph.* Altern Med Rev, 2000. 5(6): p. 576-581.
- Lee, J.H., et al., Omega-3 fatty acids for cardioprotection. *Mayo Clin Proc*, 2008. 83(3): p. 324-32.
- Martins, D., et al., Prevalence of cardiovascular risk factors and the serum levels of 25-hydroxyvitamin D in the United States: data from the Third National Health and Nutrition Examination Survey. *Arch Intern Med*, 2007. 167(11): p. 1159-65.
- *Docosahexaenoic acid (DHA). Monograph.* Altern Med Rev, 2009. 14(4): p. 391-9.