



OmegaGuard®

Ultra-Pure, Pharmaceutical-Grade Fish Oil



THE CHALLENGE

According to the Centers for Disease Control and the American Heart Association (AHA), heart disease—specifically coronary artery disease—is still the number one cause of death of men and women in the United States. And while it was once considered a man's disease, today more women than men die from heart disease. And unfortunately, at least 100 million Americans have one or more risk factors for heart disease.

To reduce the risk of heart disease, the AHA recommends eating two servings of fish rich in omega-3 fatty acids each week. But most Americans eat fish only three times per month or less. Moreover, there are growing concerns about unsafe levels of contaminants such as mercury and lead that are now commonly found in many fish.

DID YOU KNOW?

- Over 4,500 research studies on omega-3 fatty acids' effects on overall health have been conducted in the last 25 years.
- The average American intake of EPA and DHA is only 0.1 to 0.2 g/day, even though the American Heart Association recommends at least two fish meals per week to provide an intake of about 0.3 to 0.5 g/day of EPA and DHA.
- Most American diets provide more than ten times as much omega-6 than omega-3 fatty acids, even though there is general scientific agreement that individuals should consume more omega-3 and less omega-6 fatty acids to promote good health.
- Research shows that high levels of omega-3 fatty acids promote cardiovascular health and help retain normal blood pressure and triglyceride levels.*
- According to the AHA, certain types of fish may contain high levels of mercury, PCBs, dioxins, and other environmental contaminants. Generally, older and larger fish contain higher levels of contaminants.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

THE SHAKLEE DIFFERENCE

Always Safe

- ✓ Made with a proprietary multistep molecular distillation process that helps remove lead, arsenic, mercury, cadmium, dioxins, PCBs, and other contaminants
- ✓ No artificial colors, flavors, or preservatives
- ✓ Gluten free

Always Works

- ✓ Based on over 4,500 research studies showing health effects of omega-3 fatty acids
- ✓ Delivers all seven omega-3 fatty acids, including EPA and DHA

Always Green

- ✓ The fish oil in OmegaGuard is certified by *Friend of the Sea*, an international conservation organization, under strict criteria for sustainability, including full traceability in every phase of the process.
- ✓ Recyclable packaging with soy-based ink and no bisphenol-A

100% Shaklee Guarantee



We stand behind each and every one of our products. The ingredients, purity, safety, and performance of all our Nutrition, Healthy Home, and Personal Care products are 100% guaranteed.

OMEGAGUARD

OmegaGuard delivers a full spectrum of ultra-pure, pharmaceutical grade omega-3 fatty acids, which studies show help support healthy heart, joint, and brain function.*

- Made with a proprietary multistep molecular distillation process for the utmost purity and potency.
- Contains all seven omega-3 fatty acids, including EPA and DHA, which studies show help:
 - Reduce the risk of heart disease¹³
 - Retain healthy triglyceride levels^{*5}
 - Maintain normal blood pressure^{*4}
 - Support brain², eye¹, and joint health^{*6}
- Contains natural fish oil derived from small, cold-water fish
- Delivers more EPA and DHA than selected brands
- No cholesterol
- Smaller size for easier swallowing

SAFETY AND PURITY, GUARANTEED



To ensure purity and potency, the fish oil in OmegaGuard undergoes a multistep molecular distillation process, which:

- Concentrates and refines the omega-3 fatty acids
- Removes lead, mercury, arsenic, cadmium, dioxins, and PCBs, and other contaminants
- Reduces oxidation and formation of trans fats
- Minimizes odor and fishy aftertaste

HOW SHOULD OMEGAGUARD BE USED

Take two or three softgels once or twice daily with meals.

If taking blood thinning medications, consult your physician prior to use. Discontinue use two weeks before surgery.

When ordering, use Item Code #21252 (60 softgels) or #21253 (180 softgels)

SCIENTIFIC REFERENCES

1. SanGiovanni, J.P. and E.Y. Chew, The role of omega-3 long-chain polyunsaturated fatty acids in health and disease of the retina. *Prog Retin Eye Res.* 2005. 24(1): p. 87-138.
2. Young, G. and J. Conquer, Omega-3 fatty acids and neuropsychiatric disorders. *Reprod Nutr Dev.* 2005. 45(1): p. 1-28.
3. Calder, P.C., n-3 Fatty acids and cardiovascular disease: evidence explained and mechanisms explored. *Clin Sci (Lond).* 2004. 107(1): p. 1-11.
4. Geleijnse, J.M., et al., Blood pressure response to fish oil supplementation: metaregression analysis of randomized trials. *Journal Hypers.* 2002. 20(8): p. 1493-9.
5. Harris, W.S., n-3 fatty acids and human lipoprotein metabolism: an update. *Lipids.* 1999. 34 Suppl: p. S257-8.
6. Curtis, C.L., et al., Biological basis for the benefit of nutraceutical supplementation in arthritis. *Drug Discov Today.* 2004. 9(4): p. 165-72.

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† Supportive but not conclusive research shows that consumption of EPA and DHA fatty acids may reduce the risk of heart disease. See nutrition information for total fat and saturated fat content.

Supplement Facts

Directions: Take 2 or 3 softgels one or two times daily with meals.

Supplement Facts		
Serving Size: 2 Softgels	Servings Per Container: 30	
	Amount Per Serving	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Saturated Fat	0 g	0%**
Trans Fat	0 g	
Cholesterol	0 mg	0%
Total Fish Oil	1,200 mg	†
Total Omega-3 Fatty Acids (as ethyl esters)	667 mg	†
Our full spectrum includes:		
EPA (eicosapentaenoic acid)	363 mg	279%
DHA (docosahexaenoic acid)	240 mg	185%
and five other naturally found fatty acids: docosapentaenoic, stearidonic, eicosatetraenoic, heneicosapentaenoic, and alpha-linolenic acids.	64 mg	†

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
†Daily Value not established.

INGREDIENTS: ULTRA-PURE MARINE LIPID CONCENTRATE, MIXED TOCOPHEROLS CONCENTRATE IN A SOFT GELATIN CAPSULE (GELATIN, GLYCERIN, WATER).