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## Biomega-3 Liquid™

**Why you may need Biomega-3 Liquid™:** Omega 3 fatty acids are essential fatty acids, or healthy fats, that are required for a number of bodily processes. The body can not manufacture omega 3 fatty acids from other nutrients, hence the 'essential' distinction. In addition to their well known role in promoting heart health, omega 3 fatty acids serve a number of basic biological roles; they are crucial for the structure and function of cellular membranes, they play a role in cellular and neurological signaling, they act as hormone precursors, and they aide in the regulation of nutrient uptake and excretion at the cellular level. On a globally functional level, they are key in reducing inflammation, supporting normal cholesterol and triglyceride levels, regulating brain and neurological function, and regulating gene expression. Omega-3 fatty acid deficiency has been associated with a wide variety of health complaints including obesity, ADD, ADHD, and similar spectrum disorders, inflammatory disorders, adrenal and/or thyroid hypofunction, skin issues, including eczema, psoriasis, and generalized dermatitis, cardiovascular issues, cognitive breakdown, and autoimmune disorders.

**Why your healthcare practitioner recommends Biomega-3 Liquid™ from Biotics Research:** While it is true that omega-3 fatty acids can be found in a variety of sources, most commercial ones are limited to comprising of fish oil or flax seed oil. Not all omega-3 fatty acids are absorbed equally though, and omega-3 fatty acids found in flax are not the same as omega-3 fatty acids found in fish oil. While the body does have the capability of converting linolenic acid to EPA and DHA, the process is highly ineffective and the health benefits noted in population studies over the consumption of fish oil has not been noted amongst flax-consuming populations. One of the valid concerns about using fish oil supplements however, is pollution and contamination. There are a lot of fish oil supplements on the market that contain environmental toxins and heavy metals. Additionally, the peroxidase levels of many of the products that we have tested are high, indicating that rancid fish oil is routinely being marketed by some of our competitors. Biotics Research uses only small, deep, cold water fish such as anchovies and sardines to avoid toxins that are found in accumulation in larger fish, and a comprehensive microbiological and heavy metal screening is run on all lots of **Biomega-3™ Liquid** to ensure that our customers receive the finest quality marine lipids available. Biotics Research is dedicated to supplying "The Best of Science and Nature".



Supplement Facts		
Serving Size: 1 Teaspoon (5 ml)	Servings Per Container: 40	
	Amount Per Serving	% Daily Value
Calories	40	
Calories from Fat	40	
Total Fat	4 g	8%*
Saturated Fat	1 g	5%*
Polysaturated Fat	2 g	†
Monounsaturated Fat	1 g	†
Cholesterol	15 mg	5%
Omega-3 Fatty Acids	1,400 mg	†
EPA (Eicosapentaenoic Acid)	740 mg	†
DHA (Docosahexaenoic Acid)	460 mg	†
Other Omega-3 Fatty Acids	200 mg	†

† Daily Value not established

\* Percent Daily Values based on a 2,000 calorie diet

**Ingredients:** Omega-3 fish oil (Anchovy and Sardine), natural lemon flavor, rosemary extract, ascorbyl palmitate, natural tocopherols (derived from soy).

**RECOMMENDATION:** One (1) teaspoon each day as a dietary supplement or as otherwise directed by a healthcare professional.

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**KEEP OUT OF REACH OF CHILDREN**

Keep container tightly sealed and store in a cool, dry area away from direct sunlight.

*For more information on Biomega-3 Liquid™, please contact your healthcare provider*

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.